

# The Salad Book

250 SALADS FOR HEALTH AND SLIMMING  
FOR ALL THE YEAR ROUND

by Du Bois

# THE SALAD BOOK

Mr. and Mrs. Brown are shy, and often called dull; but put them in the right company, where they can make the best of themselves, and they seem quite different people.

Salad vegetables are like that. Some people still think of salads as just lettuce, beet-root and tomato; but, with the aid of this book, you can put these vegetables—and many others—into mixed company to provide, all round the year, salads that look *and* taste attractive.

People who “don’t like salads” do not know what they *can* taste like. The author’s experience on the Continent has enabled him to give here over 250 recipes, including sauces and dressings, and hints on making and serving salads of many different types.

Here you will find the vegetable, herb, and fruit flavours that “go together,” and those that can be used with meat, fish, cheese, eggs, etc. As a main dish or as its accompaniment, salads give a healthy variety to the menu, and frequently are the best means of making a little of one ingredient go a long way. They also provide tasty dishes in a slimming diet.

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7 - 1957.







THE SALAD BOOK



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SALADS FOR ALL THE YEAR  
ROUND

*By*  
DU BOIS

LONDON

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Well mixt, these nice ingredients sure  
May gratify an epicure.

*The Art of Cookery, c. 1708.*

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## INTRODUCTION

TODAY salads, in endless variety, are served all the year round, to the benefit of our health and to the joy of the housewife who takes pride and interest in varying the menu with attractive-looking dishes. The day is past when people in Great Britain thought of salad merely as a hot-weather accompaniment to cold meals, a careless mixture of lettuce, tomato and beetroot—perhaps garnished with a little cress.

The preparation of food is a creative art, and it is becoming more and more widely realized that nothing gives greater scope for artistry than the preparation of salads, with the modern variety of ingredients, flavours, garnishings and dressings. In France and America salads have been, and even now are, more widely appreciated than in Great Britain, and a number of the recipes in this book owe something to the author's experience in those countries.

### *Varying the Daily Menu*

Those who take an interest in making salads need never lack ideas for a new dish that is easily prepared. There is a wide diversity of possible ingredients, which, with the garnishings, give scope for meals that both taste and look tempting and varied, while sauces and dressings give further opportunity for introducing piquant new flavours.

Salads are an invaluable source of minerals and vitamins, as well as providing other food values; and they make a good addition to or a good basis for the menu every day of the year. Now that we realize the possibilities—for example, that the young leaves of a

raw cabbage can be as useful as lettuce leaves; that fresh and dried fruit can find a place in a savoury fruit salad for serving with meat and other protein foods as a main dish; that pulses (peas, beans, lentils), cheese, eggs, meat, fish, unpolished rice and other cereals, potatoes and nuts can make the salad a satisfying main meal—all tastes can be catered for in all seasons of the year. Salads are a most valuable part of a child's diet: attractive appearance and the inclusion of ingredients that are special favourites (in the dish and/or the garnish) make a strong appeal to children, as do savoury fruit salads with egg, cheese, meat, and so on.

In this book there are over 250 recipes; but these do not exhaust its usefulness. It is more than a mere reference book to be quickly consulted when a salad recipe is needed. If you browse through these pages at your leisure, you will find new ideas that will suggest further experiments you can make for yourself. There is a special zest to the preparation of both family meals and parties when one is making something specially individual, attractive to look at and a little "different".

### *The Day's Choice*

At all times of the year ingredients for attractive and health-giving salads are available and comparatively inexpensive. It is not possible to take full advantage of this fact, however, unless we are familiar with the wide range of possibilities of salad dishes. When you are well acquainted with this book you will be able to shop for your salads to the best advantage, and will gather ideas for making a little of the more expensive or scarce ingredients go a long way.

Apart from the familiar salad plants, we use today most of the vegetables and fruits in season, cooked and fresh, and also there are many different ways of making an appetizing and nourishing dish that will use up

the remains of cooked vegetables, meat or fish. The amount of cold meat, fish, crisped bacon and other left-overs, can be varied according to what is available as well as to taste.

Artichokes, cauliflowers, shallots, celery, mushrooms, olives, peppers, chives, caraway seeds, nuts, apples, grapes, avocado pears, cranberries, oranges and many other fruits and vegetables can be used in savoury salads, making a new and interesting dish available at all seasons.

### *Hints for Overcoming Difficulties*

If a member of the family or a guest is prejudiced against the ordinary green salad, the more imaginative of the modern salads, especially the savoury fruit salads, with the wider range of vegetable and fruit ingredients, flavourings and garnishings, will give that individual a new outlook on salad dishes.

If the onion type of flavour is disliked, onion, shallot or garlic may be omitted from any recipes that include them; and if vinegar is disliked, dressing can be handed separately and lemon juice added to give zest to the salad instead of vinegar. (Have you ever tried mint sauce made with lemon juice instead of vinegar, with the addition of a little very finely chopped shallot?)

When a salad forms the main course and unfamiliar guests are expected who may be dieting, a large mixed salad may be prepared, but some of the separate ingredients kept aside, without any dressing, so that a choice can be made if necessary. A good French vinegar and some lemon juice may also be prepared for serving. If the separate salad ingredients are not needed, the host or hostess can mix them in the salad bowl later, for second helpings.

When green leaf salad plants are in short supply, successive sowings of mustard and cress can be grown indoors in shallow dishes kept near a window. They

take about a fortnight to grow, the mustard being sown 3 or 4 days after the cress, as it grows that much more rapidly.

For some of the ingredients quantities are not strictly laid down in this book, though essential guidance is given. Those preparing salads for home consumption will be partly guided by the tastes and preferences of family or guests; while the using up of available materials and a need for economy will sometimes, and at some seasons, affect some of the quantities used. Incidentally, the salad-maker can give the touch of individuality to his or her work by varying the proportions of those ingredients for which quantities are not specified.

### *Salads in the Menu*

Savoury salads and savoury fruit salads can play various parts in a meal, and their preparation and serving will be affected accordingly.

1. As a first course, the *hors d'oeuvre*, or appetizer, they may be placed on the table before the meal begins, adding a decorative note. Flavoured butters (see page 36) in small pats or balls may also be placed on the table, each pat on a canapé of toast, cheese pastry or dry biscuit.

Individual portions should be small, and may be green salads, with French dressing, or include diced cooked vegetables, beetroot, tomato, cucumber, radishes, gherkins, celery, apple, olives, etc. Diced beetroot with chopped hard-boiled egg and celery is an example of the type of mixture that can be served on a canapé of fried bread, one-sided toast, or plain biscuit. Olives may be served on a separate dish and left on the table throughout the meal. Soak them in cold water and dry thoroughly before serving.

Instead of being served as individual portions, the separate salad ingredients may be placed in separate



little dishes on a tray, or in a divided dish, and handed round, the dressing also being passed separately. Egg, fillets of smoked salmon or herring, anchovy, sardines and brisling are often also included in the *hors d'oeuvres*.

2. If salad is served with hot roast meat or poultry, it should be a green salad, with French dressing, served on a separate plate.

3. For serving with cold meat, salads may include green leaves, cooked vegetables and fruit. Mayonnaise, French dressing, etc., may be used in preparing the salad or handed separately. If the salad is served in a bowl, heap it high in the centre before garnishing, as this helps in making it look attractive.

Whether one large salad or individual portions are served, it is worth while to take an interest in thinking out an attractive colour scheme, in choosing the salad dressing and in garnishing the dish or dishes. Suitable garnishes are discussed on pages 34-38, and they give great opportunities for adding to both the attractive appearance and the flavour of the salad.

4. The widespread use of salads as a main dish may almost be regarded as a revolution in British menu-making. Some people use them for the chief course in informal luncheons and suppers, but an increasing number now use them also as the basis for the main meal of the day.

### *Salad as a Main Dish*

Here there is endless scope for the housewife, cook, host or hostess, in the choice of both ingredients and accompanying dressing. Cheese, egg, fish, nuts, pulses or cold meat will add to the protein content, which is low in most vegetables. Mayonnaise, olive oil, potato, beetroot, carrot and savoury butters will give a high proportion of the necessary fats and carbohydrates. There is no need to worry as to whether salad meals are sufficiently nourishing.

For those who are fond of hot potatoes, jacket potatoes, grated cheese and a salad, for example, make a good main course.

White or brown bread and butter, biscuits and cream cheese may be used as accompaniments to a main-dish salad. One large salad may be served; or an individual portion may be placed for each person. Cups formed from the skins of halved grapefruits or large oranges, shells of tomatoes or the hearts of cabbage lettuces, can sometimes be used.

If the remains of cold meat, poultry, game or fish are to be included in a salad, they should be carefully prepared, all pieces of skin, bone and gristle being removed. Meat should be cut into neat pieces or cubes, and fish generally flaked. If a special dressing is to be used for the salad, meat or fish may be soaked in this for a time before being mixed with the vegetables; fish is sometimes thus marinated for about half an hour in oil and vinegar. The salad-maker has a wide choice of sauces and dressings. (see pages 147-157)

Cooked vegetables must not be overcooked or they will not be easy to slice or dice, apart from loss in food value. The notes on serving and garnishing under (3) on page 17, and in pages 34-38, apply equally when the salad forms the main course in a meal.

In salad-making, as in most arts and crafts, practice develops skill and speed, a fact which is particularly valuable when one is entertaining unexpectedly or at short notice.

## CALENDAR OF RECIPES

More than two hundred and fifty recipes are given in the following pages. In order that the reader may know when each is in season, this monthly calendar has been compiled. It should not be forgotten that many of the recipes may be enjoyed out of season by the use of tinned foods.

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**POULTRY AND GAME SALADS.**—Nos. 90, 91, 92, 93, 94, 95, 96.

**MEAT SALADS.**—Nos. 98, 99, 101, 103, 105, 106, 107, 108.

**FISH SALADS.**—Nos. 110, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 129, 130, 131, 132, 133, 134, 135, 137.

**EGG AND CHEESE SALADS.**—Nos. 138, 141, 143, 144, 145, 146, 148, 149, 150, 151, 152, 153, 154, 155, 156.

**FRUIT SALADS.**—Nos. 157, 158, 159, 160, 163, 164, 171, 172, 173, 175, 176, 177, 178, 179, 180, 181, 183, 185, 186, 190, 191, 192, 193.

**FROZEN FRUIT AND SAVOURY SALADS.**—Nos. 195, 196, 199, 200, 201, 202, 203, 204, 205.

**SAVOURY FRUIT AND AMERICAN SALADS.**—Nos. 206, 207, 208, 209, 211, 213, 214, 215, 216, 218, 219, 221, 222, 223, 224, 225, 226, 227, 228, 229.

**NUT SALADS.**—Nos. 234, 235, 236, 237, 238, 239, 240.

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POULTRY AND GAME SALADS.—Nos. 90, 91, 92, 93, 94, 95, 96.

MEAT SALADS.—Nos. 98, 99, 101, 103, 105, 106, 107, 108.

FISH SALADS.—Nos. 110, 112, 113, 114, 115, 116, 117, 118, 119, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 137.

EGG AND CHEESE SALADS.—Nos. 138, 141, 143, 144, 145, 146, 148, 149, 150, 151, 152, 153, 154, 155, 156.

FRUIT SALADS.—Nos. 157, 158, 159, 160, 163, 164, 171, 172, 173, 175, 176, 177, 178, 179, 180, 181, 183, 185, 186, 187, 190, 191, 192, 193.

FROZEN FRUIT AND SAVOURY SALADS.—Nos. 195, 196, 199, 200, 201, 202, 203, 204, 205.

SAVOURY FRUIT AND AMERICAN SALADS.—Nos. 206, 207, 208, 209, 211, 213, 214, 215, 216, 218, 219, 221, 222, 223, 224, 225, 226, 227, 228, 229.

NUT SALADS.—Nos. 234, 235, 238, 239, 240.

## MARCH

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POULTRY AND GAME SALADS.—Nos. 90, 91, 92, 93, 94, 95, 96.

MEAT SALADS.—Nos. 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108.

FISH SALADS.—Nos. 109, 110, 112, 113, 114, 115, 116, 117, 118, 119, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137.

EGG AND CHEESE SALADS.—Nos. 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156.

FRUIT SALADS.—Nos. 157, 158, 159, 160, 163, 164, 171, 172, 173, 175, 176, 177, 178, 179, 180, 181, 185, 186, 187, 190, 191, 192, 193.

FROZEN FRUIT AND SAVOURY SALADS.—Nos. 195, 196, 199, 200, 201, 202, 203, 204, 205.

SAVOURY FRUIT AND AMERICAN SALADS.—Nos. 206, 207, 208, 209, 211, 212, 213, 214, 215, 216, 217, 218, 219, 221, 222, 223, 224, 225, 226, 227, 228, 229.

NUT SALADS.—Nos. 235, 238, 239, 240.

## APRIL

GREEN AND VEGETABLE SALADS.—Nos. 5, 6, 7, 10, 11, 12, 13, 18, 22, 25, 27, 28, 29, 38, 39, 41, 43, 44, 46, 49, 51, 56, 57, 60, 61, 62, 63, 67, 68, 73, 75, 76, 77, 78, 79, 80, 81, 82, 85.

POULTRY AND GAME SALADS.—Nos. 90, 92, 95, 96.

MEAT SALADS.—Nos. 98, 99, 100, 101, 102, 104, 105, 106, 107.

FISH SALADS.—Nos. 109, 111, 112, 113, 116, 118, 119, 123, 124, 125, 126, 127, 128, 130, 131, 132, 133, 134, 136, 137.

EGG AND CHEESE SALADS.—Nos. 138, 139, 140, 141, 142, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 155, 156.

FRUIT SALADS.—Nos. 157, 158, 159, 163, 164, 171, 172, 173, 175, 176, 177, 178, 179, 181, 185, 187, 192, 193.

FROZEN FRUIT AND SAVOURY SALADS.—Nos. 195, 196, 199, 200, 203, 204, 205.

SAVOURY FRUIT AND AMERICAN SALADS.—Nos. 208, 209, 212, 215, 216, 217, 219, 220, 221, 222, 226, 227, 229.

NUT SALADS.—Nos. 238, 239.

## MAY

GREEN AND VEGETABLE SALADS.—Nos. 5, 6, 7, 10, 11, 13, 18, 21, 22, 25, 26, 27, 28, 29, 39, 41, 43, 44, 46, 49, 51, 56, 57, 59, 60, 61, 62, 63, 67, 68, 73, 75, 76, 77, 78, 79, 80, 81, 82, 85.

POULTRY AND GAME SALADS.—Nos. 90, 92, 95, 96.

MEAT SALADS.—Nos. 98, 99, 100, 101, 102, 104, 105, 106, 107.

FISH SALADS.—Nos. 109, 111, 112, 113, 116, 118, 119, 121, 123, 124, 125, 126, 127, 128, 130, 131, 132, 133, 134, 136, 137.

EGG AND CHEESE SALADS.—Nos. 138, 139, 140, 141, 142, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 155, 156.

FRUIT SALADS.—Nos. 157, 158, 159, 163, 164, 171, 172, 173, 175, 176, 177, 178, 179, 181, 185, 187.

FROZEN FRUIT AND SAVOURY SALADS.—Nos. 194, 195, 196, 199, 200, 203, 204, 205.

SAVOURY FRUIT AND AMERICAN SALADS.—Nos. 208, 209, 210, 212, 215, 216, 217, 219, 220, 221, 222, 226, 227, 229.

NUT SALADS.—Nos. 238, 239.

## JUNE

GREEN AND VEGETABLE SALADS.—Nos. 5, 6, 10, 11, 13, 18, 21, 22, 23, 25, 27, 28, 29, 39, 43, 44, 45, 46, 49, 51, 55, 56, 57, 59, 62, 63, 67, 68, 73, 76, 77, 78, 79, 80, 81, 82, 85.

POULTRY AND GAME SALADS.—Nos. 90, 92, 95, 96.

MEAT SALADS.—Nos. 98, 99, 100, 101, 102, 104, 105, 106, 107.

FISH SALADS.—Nos. 109, 111, 112, 113, 116, 118, 119, 121, 123, 124, 125, 126, 127, 128, 130, 131, 132, 133, 134, 136, 137.

EGG AND CHEESE SALADS.—Nos. 138, 139, 140, 141, 142, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 155, 156.

FRUIT SALADS.—Nos. 157, 158, 159, 161, 162, 163, 164, 166, 167, 168, 169, 171, 172, 173, 175, 176, 177, 178, 179, 181, 182, 184, 185, 188, 189.

FROZEN FRUIT AND SAVOURY SALADS.—Nos. 194, 195, 196, 197, 198, 199, 200, 203, 204, 205.

SAVOURY FRUIT AND AMERICAN SALADS.—Nos. 208, 209, 210, 212, 215, 216, 219, 220, 221, 222, 226, 227, 229, 230, 231, 232.

NUT SALADS.—Nos. 238, 239.

## JULY

GREEN AND VEGETABLE SALADS.—Nos. 4, 5, 6, 10, 11, 13, 18, 21, 22, 23, 25, 27, 28, 29, 43, 44, 45, 46, 51, 52, 54, 55, 56, 59, 63, 67, 68, 71, 72, 73, 76, 77, 78, 79, 80, 81, 82, 85, 86.

POULTRY AND GAME SALADS.—Nos. 90, 92, 95, 96.

MEAT SALADS.—Nos. 98, 99, 101, 102, 104, 105, 106, 107.

FISH SALADS.—Nos. 111, 112, 113, 116, 118, 119, 121, 123, 124, 125, 126, 127, 128, 130, 131, 132, 133, 134, 137.

EGG AND CHEESE SALADS.—Nos. 138, 139, 141, 144, 145, 146, 148, 149, 150, 151, 152, 153, 155, 156.

FRUIT SALADS.—Nos. 157, 158, 159, 161, 162, 163, 164, 165, 166, 167, 168, 169, 171, 172, 173, 175, 176, 177, 178, 179, 181, 182, 184, 185, 188, 189.

FROZEN FRUIT AND SAVOURY SALADS.—Nos. 194, 195, 196, 197, 198, 199, 200, 203, 204, 205.

SAVOURY FRUIT AND AMERICAN SALADS.—Nos. 208, 209, 210, 212, 215, 216, 219, 220, 221, 222, 226, 227, 229, 230, 231, 232.

NUT SALADS.—Nos. 238, 239.

## AUGUST

GREEN AND VEGETABLE SALADS.—Nos. 10, 11, 13, 18, 22, 23, 25, 27, 28, 29, 43, 44, 45, 46, 51, 52, 54, 55, 56, 59, 63, 67, 68, 71, 72, 73, 76, 77, 78, 79, 80, 81, 82, 85, 86.

POULTRY AND GAME SALADS.—Nos. 90, 92, 95, 96.

MEAT SALADS.—Nos. 98, 99, 101, 104, 105, 106, 107.

FISH SALADS.—Nos. 111, 112, 113, 116, 118, 119, 121, 123, 124, 125, 126, 127, 128, 130, 131, 132, 133, 134, 137.

EGG AND CHEESE SALADS.—Nos. 138, 139, 141, 144, 145, 146, 149, 150, 151, 152, 153, 155, 156.

FRUIT SALADS.—Nos. 157, 158, 159, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 179, 181, 182, 184, 185, 188, 189.

FROZEN FRUIT AND SAVOURY SALADS.—Nos. 194, 195, 196, 197, 198, 199, 200, 203, 204, 205.

SAVOURY FRUIT AND AMERICAN SALADS.—Nos. 208, 209, 212, 215, 216, 221, 222, 226, 227, 229, 231, 232.

## SEPTEMBER

GREEN AND VEGETABLE SALADS.—Nos. 10, 11, 13, 18, 22, 25, 43, 46, 52, 54, 56, 59, 63, 67, 68, 71, 76, 77, 78, 79, 80, 82, 85, 86.

POULTRY AND GAME SALADS.—Nos. 90, 92, 95, 96.

MEAT SALADS.—Nos. 98, 99, 101, 104, 105, 106, 107.

FISH SALADS.—Nos. 110, 111, 112, 113, 116, 118, 119, 121, 123, 124, 125, 126, 127, 128, 130, 131, 132, 133, 134, 137.

EGG AND CHEESE SALADS.—Nos. 138, 139, 141, 144, 145, 146, 149, 150, 151, 152, 153, 155, 156.

FRUIT SALADS.—Nos. 157, 158, 159, 163, 165, 167, 168, 169, 171, 172, 173, 179, 180, 185, 188, 189.

FROZEN FRUIT AND SAVOURY SALADS.—Nos. 194, 195, 196, 199, 200, 201, 203, 204, 205.

SAVOURY FRUIT AND AMERICAN SALADS.—Nos. 207, 208, 209, 212, 221, 222, 223, 226, 227, 229.

## OCTOBER

GREEN AND VEGETABLE SALADS.—Nos. 10, 11, 13, 15, 18, 22, 25, 43, 46, 52, 61, 63, 67, 68, 71, 76, 77, 78, 79, 80, 82, 85.

POULTRY AND GAME SALADS.—Nos. 90, 92, 95, 96.

MEAT SALADS.—Nos. 98, 99, 101, 105, 106, 107.

FISH SALADS.—Nos. 110, 111, 112, 113, 116, 118, 119, 121, 123, 124, 125, 130, 131, 132, 133, 134, 137.



EGG AND CHEESE SALADS.—Nos. 138, 139, 141, 144, 145, 146, 149, 150, 151, 152, 153, 155, 156.

FRUIT SALADS.—Nos. 157, 158, 159, 163, 167, 168, 171, 172, 173, 179, 180, 185.

FROZEN FRUIT AND SAVOURY SALADS.—Nos. 195, 196, 199, 200, 201, 203, 204, 205.

SAVOURY FRUIT AND AMERICAN SALADS.—Nos. 207, 208, 209, 212, 221, 222, 223, 226, 227, 229, 233.

## NOVEMBER

GREEN AND VEGETABLE SALADS.—Nos. 8, 9, 10, 11, 13, 14, 15, 16, 17, 18, 19, 20, 22, 25, 30, 31, 32, 33, 34, 35, 36, 37, 40, 42, 43, 46, 47, 48, 50, 58, 60, 61, 63, 64, 65, 66, 67, 68, 76, 77, 78, 79, 80, 82, 83, 84, 85, 87, 88, 89.

POULTRY AND GAME SALADS.—Nos. 90, 91, 92, 93, 94, 95, 96.

MEAT SALADS.—Nos. 98, 99, 101, 103, 105, 106, 107, 108.

FISH SALADS.—Nos. 110, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 129, 130, 131, 132, 133, 134, 135, 137.

EGG AND CHEESE SALADS.—Nos. 138, 139, 141, 143, 144, 145, 146, 149, 150, 151, 152, 153, 154, 155, 156.

FRUIT SALADS.—Nos. 157, 158, 159, 160, 173, 167, 168, 171, 172, 173, 179, 180, 185.

FROZEN FRUIT AND SAVOURY SALADS.—Nos. 195, 196, 199, 200, 201, 202, 203, 204, 205.

SAVOURY FRUIT AND AMERICAN SALADS.—Nos. 206, 207, 208, 209, 211, 212, 213, 221, 222, 223, 224, 225, 226, 227, 228, 229, 233.

NUT SALADS.—Nos. 234, 235, 236, 237, 240.

## DECEMBER

**GREEN AND VEGETABLE SALADS.**—Nos. 8, 9, 10, 11, 13, 14, 15, 16, 17, 18, 19, 20, 22, 24, 25, 30, 31, 32, 33, 34, 35, 36, 37, 38, 40, 42, 43, 46, 47, 48, 50, 58, 60, 61, 63, 64, 65, 66, 67, 68, 69, 76, 77, 78, 79, 80, 82, 83, 84, 85, 87, 88.

**POULTRY AND GAME SALADS.**—Nos. 90, 91, 92, 93, 94, 95, 96.

**MEAT SALADS.**—Nos. 98, 99, 101, 103, 105, 106, 107, 108.

**FISH SALADS.**—Nos. 110, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 123, 125, 129, 130, 131, 132, 133, 134, 135, 137.

**EGG AND CHEESE SALADS.**—Nos. 138, 141, 143, 144, 145, 146, 148, 150, 151, 152, 153, 154, 155, 156.

**FRUIT SALADS.**—Nos. 157, 158, 159, 160, 163, 164, 171, 172, 173, 175, 176, 177, 178, 179, 180, 181, 183, 185, 186, 190, 191, 192, 193.

**FROZEN FRUIT AND SAVOURY SALADS.**—Nos. 195, 196, 199, 200, 201, 202, 203, 204, 205.

**SAVOURY FRUIT AND AMERICAN SALADS.**—Nos. 206, 207, 208, 209, 211, 213, 214, 215, 216, 218, 219, 221, 222, 223, 224, 225, 226, 227, 228, 229.

**NUT SALADS.**—Nos. 234, 235, 236, 237, 238, 239, 240.



# THE SALAD BOOK

## SALADS FOR ALL THE YEAR ROUND

### CHAPTER I

#### THE PREPARATION AND GARNISHING OF SALADS

##### *The Preparation of Vegetables*

ON the preparation of the ingredients of a vegetable salad, care and time must be taken. Only perfect fruit and vegetables should be used; they should be young, fresh and crisp, if green, and with the exception of endives, should not be allowed to stand for long in water before being used. If, however, they are inclined to be limp and a little stale, their condition may be improved by laying them in iced water for a short time before use.

Lettuces, endives, mustard and cress, chicory and watercress are the most usual foundations of green vegetable salads.

These should be thoroughly inspected and any slightly damaged or decayed leaves must be discarded. They should then be well washed in several waters. Before combining with the other constituents of the salad, all water must be drained off, first by placing the leaves in a colander or sieve to drain and then by laying them in a perfectly dry cloth and gently shaking it until all the moisture has been drained from the leaves.

The need for removing every particle of wet from the ingredients of a green salad is due to the fact that the presence of water will prevent the dressing from blending with the leaves.

Here are a few hints on the preparation of various vegetables before forming them into salads.

### ARTICHOKES (Globe)

Wash them well, trim off the outer leaves, cut off the stalk; boil them in salted water until tender; drain, allow to cool and remove the chokes. The remainder is used for salads.

### ASPARAGUS

It is possible to purchase tinned asparagus at a reasonable price and this may be used in salads quite successfully, when the fresh vegetable is not in season.

To prepare fresh asparagus, wash them well, cut off the hard part at the ends of the stalks; boil the remainder until tender in salted water, then drain. These are frequently served whole, but more often the green tips alone are used. A few tips scattered on the surface of a salad are sometimes used as a form of garnish.

### BEETROOT

Wash off all dirt, being careful not to break or scratch the skin. Boil until tender. When testing to see if they are sufficiently cooked, do not prick them or they will bleed and become a bad colour. If uncertain as to the amount of cooking required it is better to boil one alone and test that by pricking it. Notice the time taken to render it tender and boil the others accordingly, but without pricking them. Place in cold water while removing the outer skin.



## CABBAGE

It is necessary that a cabbage which is required for a salad should have a good firm heart. Remove the outer leaves, cut it in four and remove the hard white centre part. Wash well in several waters and drain well before shredding it.

## CARROTS

Select young carrots, if they are to be used raw; wash them thoroughly, dry and grate or slice them.

It is necessary to boil old carrots until tender, allow them to cool, and either slice them thinly or chop into dice.

## CAULIFLOWER

These may be used either raw or cooked. It is desirable that they should be as white as possible and to ensure this, when cooking them, add a few drops of vinegar to the water in which they are boiled. The flower will then remain quite white.

If to be served raw, they must be thoroughly washed drained and the flower broken up into small sprigs.

## CELERY

The green outside stalks of a head of celery are not suitable for salads. These should be stripped off and used either as a flavouring for soups, or stewed and served in place of a green vegetable.

The inner white stalks must be well washed and all earth brushed off; in order to be as crisp as possible when served, they should be allowed to lie in water as cold as possible, until they are required.

## CHICORY

Only young chicory should be used. Cut off damaged leaves and the root ends, separate the leaves, wash

well and lay in cold water for half an hour before it is needed.

### CUCUMBER

Peel off the dark green skin as thinly as possible. If the cucumber is not as fresh as it might be, it may be rendered more firm and crisp by placing in iced water for a short time before it is required.

### DANDELION LEAVES

Use only young, fresh, leaves. Remove all roots and hard stalks, discard discoloured leaves and wash the selected leaves in several waters, drain well and dry by shaking in a cloth.

### ENDIVE

Remove the outside discoloured leaves, cut in four and wash well. This vegetable has a bitter taste to which some people object. This may be lessened by soaking the leaves for an hour or two in salted water. After this soaking, wash again in fresh water to remove the salt, drain and dry well in a colander or by shaking in a cloth.

### FRENCH BEANS

Boil the beans in salted water until tender; drain well and allow to cool. They may be served whole, if young, but should be sliced lengthwise if they are old.

### GREEN PEAS

Boil in salted water with some mint and a little sugar. Drain well before using.

### JERUSALEM ARTICHOKEs

In order to preserve their colour, these must be peeled while under water. Then boil them in salted water

to which a very little vinegar has been added. Cook until tender, but do not allow them to break and lose their shape. Drain well before serving.

## LETTUCE

Lettuces with good hearts should be selected. The round, cabbage variety is needed when it is desired to serve a stuffed lettuce, or when the whole leaves are required for a border. For other purposes a long lettuce is preferable.

All outside damaged leaves must be discarded. The rest should be well washed, drained and dried thoroughly by shaking in a cloth.

Never cut a lettuce with a knife, but tear into shreds with the fingers.

## MUSTARD AND CRESS

Cut off the root ends of a bunch of mustard and cress and wash in several waters in order to remove all grit and seeds. Drain well and shake until dry.

## NASTURTIUM SEEDS

Pickled nasturtium seeds are most frequently used for this purpose.

Soak young seeds in salted water for twenty-four hours, then strain. Boil some vinegar with a few peppercorns; strain and allow to cool.

Put the seeds in a bottle which is provided with an airtight cork, pour the seasoned vinegar over them and cork tightly. They are then ready for use, when needed.

## POTATOES

Potatoes must be carefully boiled, as too much cooking will render them floury and they will then break up. It is important that they retain their shape. A waxy potato is best for this purpose.

**SALSIFY**

Clean and scrape well, place in water to which has been added a little vinegar, to prevent discolouration. Boil until tender in water with a little vinegar added. Drain and use cold.

**SPINACH**

Wash in several waters to remove all grit. Pick off discoloured and damaged leaves and hard stalks and cook until tender, in a pan with a little salt but without water. Drain off any liquid which may have come from the leaves and allow to cool.

**TOMATOES**

These should be firm and of good colour. Plunge them in boiling water for a minute, then remove the skins and allow to cool.

**WATERCRESS**

Stand watercress in salted water for half an hour; the salt will kill any insects which may be buried among the leaves. After soaking, wash again in several waters, then drain, remove all discoloured leaves and hard thick stalks, and shake until quite dry in a cloth.

*Garnishing Salads*

The final touch in the preparation of a salad is given when the garnish is added.

To produce an attractive appearance is most important when assembling a salad. Adequate time should, therefore, be allowed for the preparation of this dish and, in addition, care must be taken in thinking out new ways of decorating and presenting the various ingredients.

Slices of cucumber, carrot, beetroot, hard-boiled eggs, tomatoes, chopped celery, etc., are the garnishes more commonly used for dishes over which much time cannot be spent. These may be varied by employing fancy cutters of different shapes. Slices of vegetables may then be trimmed to equal size in fancy shapes, such as discs, stars, dice, etc., and the surface of a salad is then made to look a little different from usual. It should be noted that slices of tomato and beetroot do not look well as garnishes if used together; the two colours are apt to clash.

Hard-boiled eggs are invaluable for embellishment purposes. In addition to slicing them, which has already been mentioned, they may be cut into quarters, these sections being arranged round the border of a dish.

Another plan is to remove the yolks and press them through a fine sieve; this produces a yellow powder which, if scattered over the surface, gives an additional interest to the appearance of the salad. Also, the yolks may be powdered, mixed to a cream with a very little salad oil and vinegar, and then rolled into balls, which are placed among the ingredients on the surface. The whites from which these yolks have been removed need not be discarded. There is a use for them, also. If they are kept intact, the halves may be stuffed and act as one of the constituents of a salad. Or, they may be cut into crescents and arranged as a decorative border, or chopped small and either arranged in little heaps, or scattered on the surface.

Carrots, either cooked or raw, may be used in the same way as tomatoes, beetroots, etc., or grated raw carrots may be sprinkled over a salad, to produce an effect similar to that of powdered egg yolks.

Radishes may be transformed into flowers for decorative purposes by cutting the red skin from the tip towards the stalk several times, thus dividing the skin into sections. If these are allowed to stand in



cold water for a short time, it will be found that the small portions of skin between each cut have turned back, thus producing a flowerlike appearance.

### *Flavoured Butters*

Flavoured butters, formed into balls, and placed in a salad, also help to improve its appearance. The following are a few recipes which are suitable for the purpose.

#### 1. ANCHOVY BUTTER

- $\frac{1}{4}$  lb. butter,
- A pinch of pepper,
- 1 dessertspoonful Anchovy essence.

Mix all well together in a basin and keep in a cool place until required.

#### 2. CURRY BUTTER

- $\frac{1}{4}$  lb. butter,
- 1 teaspoonful lemon juice,
- 1 teaspoonful of curry powder.

Mix all well together and keep cool until required.

#### 3. PARSLEY BUTTER

- 2 oz. butter,
- 3 teaspoonfuls finely chopped parsley,
- 1 dessertspoonful lemon juice.

Work the butter and lemon juice together with a wooden spoon, until the butter becomes creamy; add the parsley and mix it well into the butter. Drain off the superfluous lemon juice and keep the butter and parsley mixture in a cool place until required.

Yet another decorative addition may be provided by the use of cubes of green jelly; or vegetable flavoured

border moulds of this shade look well as surrounds for meat or fish salads.

This jelly is made by mixing some vegetable stock with strained gelatine in a sufficient quantity to enable it to set; the addition of spinach colouring will produce the green tint.

This juice may be obtained by pounding some spinach leaves, squeezing out the juice, and collecting and boiling it with a little water. It must then be strained, when cold, and added to the ingredients which it is desired to tint green.

Another method of extracting this juice is by boiling a small quantity of spinach—about half a pound in half a pint of water, until tender; it is then allowed to cool and the juice squeezed out, collected and strained.

#### *General Remarks*

To make sure of destroying grubs in cabbages, sprouts and lettuces, the vegetables may be washed quickly but thoroughly in salted water before being put into fresh cold water to crisp. To make doubly sure, they may be given a second washing in a bowl of water to which 2 tablespoonfuls of vinegar have been added; rinse well before putting into the fresh water.

The crisping of a lettuce may be expedited by adding 1 or 2 teaspoonfuls of vinegar to the fresh water in which it is to lie; a thorough rinsing before use will remove the vinegar flavour.

A few slices of lemon or peel, a little lemon juice or a spoonful of vinegar in a basin of fresh water will help to crisp celery.

If salads are crisped in a refrigerator, the covered container must be used.

There is plenty of scope for originality in garnishing salads. In addition to the more commonly used garnishes already described, the following are interesting to experiment with, according to taste and availability:—

Rings cut from olives.

Chopped raw cranberries and apples.

Grapes, cut in half and stoned.

Capers.

Chopped gherkins or pickles.

Chopped parsley, chervil or nasturtium leaves.

Rings of red or green pappers (wash, halve, remove seeds and surrounding membrane, and cut the slices *very* thin).

Chopped jelly.

Curled celery (cut it into 3 in. lengths, then shred finely lengthwise and leave in very cold water for about an hour).

Chopped or grated nuts.

Young chervil leaves (mild flavour, somewhat like parsley).

Fresh mint leaves, whole or chopped.

In addition to the Flavoured Butters, cheese may be used as a garnish. Cream some cream cheese with a little salad dressing and shape into balls or dice; or grated dry cheese may be creamed with a third the weight of margarine and a little made mustard. Seasoning should be added to the creamed mixture.

For fruit salads (see pp. 105-123): grated coconut; chopped or whole nuts; whipped-cream roses; chopped sweet jelly; small strawberries or raspberries; halved grapes; glacé cherries; raisins; dates; shredded lettuce leaf; sections of small oranges or tangerines; small sprigs of fresh mint; chopped candied peel.

## CHAPTER II

### GREEN AND VEGETABLE SALADS

#### 4. STUFFED ARTICHOKE SALAD

Artichokes,  
Tomatoes,  
Mayonnaise (No. 245).

Wash the artichokes, cut off the stalks and trim the leaves. Put them in boiling salted water and cook until tender. Drain well, and allow to cool, then remove the chokes and inner leaves. Fill the cavity from which the choke was removed with finely chopped tomatoes.

Arrange them on a dish and pour thick mayonnaise over each.

#### 5. ASPARAGUS SALAD

1 bundle of asparagus,  
A lettuce,  
Mayonnaise (No. 245),  
1 hard-boiled egg,  
Parsley.

Cook the asparagus until tender in boiling salted water; allow to cool and trim off any hard stalks at the ends.

Wash, drain and shred a lettuce, arrange it on individual salad plates, place a few heads of asparagus on each, cover with thick mayonnaise and garnish with thin slices of hard-boiled egg and chopped parsley.

**6. ASPARAGUS TIPS SALAD**

1 bundle of asparagus,  
Salt,  
A lettuce,  
Mayonnaise (No. 245),  
Tomatoes.

Cook the asparagus until tender in boiling salted water; allow to cool.

Wash and drain the lettuce and arrange the leaves on individual salad plates. Use only the green tips of the asparagus, scattering a few on each bed of lettuce leaves.

Pour mayonnaise over each before serving and garnish with thin slices of tomatoes.

**7. ASPARAGUS AND ENDIVE SALAD**

1 bundle of asparagus,  
Endive,  
Tomato sauce (No. 253),  
Cream.

Cook the asparagus until tender in boiling salted water; allow to cool and trim off the hard stalk at the ends.

Soak the endive well in salted water for an hour or two; wash well in fresh water, drain and break up into tufts.

Arrange the endive on individual salad plates, lay some asparagus on each and serve with a coating of tomato sauce mixed with half the quantity of cream.

**8. BEETROOT SALAD**

2 or 3 cooked beetroots,  
Pepper and salt,  
2 or 3 tablespoonfuls of vinegar,  
Celery.



Peel thinly the beetroots, cut them into thin slices and, with a small cutter, trim all the slices to rounds of equal size. Chop the trimmings of the slices and pile in the centre of a dish. Arrange the discs of beetroot round the edge of the dish.

Mix the pepper and salt with the vinegar and pour over the contents of the dish. Leave to soak for half an hour and just before serving garnish with occasional small heaps of finely chopped celery.

### 9. BEETROOT AND CELERY SALAD

Celery,  
Cooked beetroot,  
Pepper and salt,  
Vinegar,  
Salad oil,  
Mayonnaise (No. 245).

Wash the celery well, drain it and select the young white pieces; cut these into strips rather shorter than a match and as thick.

Peel and slice the beetroot and cut the slices into strips of the same size as the celery. Do not mix the celery and beetroot, but pour a little oil and vinegar over each, separately.

Lay the beetroot in a neat pile in the centre of a dish, arrange the celery in heaps on each side and pour thick mayonnaise over the celery, but not over the beetroot.

### 10. BEETROOT AND HORSE-RADISH SALAD

Cooked beetroots,  
Horse-radish,  
French dressing (No. 242).

Peel and slice the beetroot; grate the horse-radish.

Arrange the beetroot on a dish in layers, with a sprinkling of horse-radish between each. Cover with French dressing.

**11. BEETROOT AND ONION SALAD**

Cooked beetroot,  
A lettuce,  
1 Spanish onion,  
Mayonnaise (No. 245).

Peel, slice and cut the beetroot into dice. Slice the onion thinly and mix with the beetroot. Serve on a bed of lettuce leaves and cover with thick mayonnaise.

**12. BEETROOT AND POTATO SALAD**

Cold boiled potatoes,  
Cooked beetroots,  
1 hard-boiled egg,  
Mustard and cress.

Slice thinly the potatoes, beetroot and eggs.

Place the potato slices in the centre of a flat dish, surround with a border of sliced beetroot, arrange the egg in the centre and scatter heaps of chopped mustard and cress on top.

**13. BEETROOT AND SPAGHETTI SALAD**

Cooked beetroots,  
Cold boiled spaghetti,  
Hard-boiled eggs,  
Lettuce,  
Mayonnaise (No. 245).

Drain well the boiled spaghetti and mix it with peeled and sliced beetroot.

Wash, drain and shred the lettuce and lay on a flat dish. Turn the spaghetti and beetroot on to the lettuce, pour mayonnaise over and garnish with hard-boiled eggs cut in sections.

14. STUFFED BEETROOT SALAD

Round boiled beetroots,  
Olive oil,  
Vinegar,  
Celery,  
Apples,  
French dressing (No. 242),  
A lettuce.

Peel the beetroots, cut a slice from one end and scoop out the centres.

Mix two portions of olive oil with one of vinegar and place the beetroot shells in this; allow to stand for an hour or two.

Chop some white celery stalks very finely, mix with an equal quantity of chopped apple and moisten with French dressing.

Remove the beetroot shells from the oil and vinegar and fill them with the chopped apple and celery.

Serve on a bed of lettuce leaves; pour French dressing over and garnish with some of the beetroot which was scooped out; this must be chopped very finely and sprinkled over the lettuce.

15. BRUSSELS SPROUTS SALAD

Cold boiled Brussels sprouts,  
Vinegar,  
1 onion,  
A few olives,  
Capers,  
Mayonnaise (No. 245).

Chop the onion, a few olives and capers and moisten with vinegar.

Place the Brussels sprouts in a shallow bowl, cover with the above mixture and pour thick mayonnaise over.

**16. BRUSSELS SPROUTS AND CHESTNUT SALAD**

Cold boiled Brussels sprouts,  
Cold boiled chestnuts,  
French dressing (No. 242),  
Mayonnaise (No. 245),  
Chopped parsley.

Place the Brussels sprouts in a bowl and pour over some French dressing. Allow to soak for an hour or so.

Peel and mash the boiled chestnuts; drain the superfluous dressing from the Brussels sprouts and with them mix an equal quantity of chestnuts.

Serve in a salad bowl; pour over some thick mayonnaise and sprinkle with chopped parsley.

**17. BUTTER BEAN SALAD**

Cold boiled butter beans,  
1 onion, chopped finely,  
3 tablespoonfuls of celery, chopped finely,  
Grated cheese,  
French dressing (No. 242).

Mix the butter beans, onion and celery, heap in a salad bowl, pour French dressing over and sprinkle with grated cheese.

**18. CABBAGE SALAD**

1 cabbage,  
1 onion, grated,  
Salad cream (No. 249).

Strip off all the outer green leaves, as only the white heart of the cabbage will be needed. Shred the heart as finely as possible and leave it in cold water for an hour before it is required.

Drain and dry the cabbage well, stir with it the grated onion, mix thoroughly with salad cream and serve piled in a salad bowl.

19. CABBAGE AND APPLE SALAD

1 cabbage,  
1 apple,  
Celery,  
Beetroot,  
Walnuts,  
Mayonnaise (No. 245).

Remove the large outer leaves of the cabbage; shred the heart, wash it well and drain; mix with it some finely chopped apple, celery and beetroot.

Serve in a salad bowl, cover with mayonnaise and sprinkle the surface with chopped walnuts.

20. CABBAGE AND CELERY SALAD

1 cabbage,  
Celery,  
Mayonnaise or salad cream (No. 245 or 249).

Wash well and drain the white heart of a cabbage, cut it into fine shreds and mix with chopped celery. Serve with salad cream or mayonnaise.

21. CABBAGE, SPINACH AND CARROT SALAD

1 cabbage,  
Young carrots,  
Spinach,  
1 onion,  
Mayonnaise (No. 245),  
Hard-boiled egg.

Strip off the dark outer leaves of the cabbage, wash it well, drain, and chop the heart as finely as possible.

Wash the carrots and grate a quantity equal to the bulk of the shredded cabbage.

Wash the spinach in several waters, drain it and chop very small the same quantity as cabbage. Add the onion, grated.

Mix all the above ingredients thoroughly, place them in a salad bowl, pour mayonnaise over just before serving and garnish with slices of hard-boiled egg.

## 22. CARROT SALAD (1)

Cold boiled carrots,  
Chopped parsley,  
French dressing (No. 242),  
1 teaspoonful sugar,  
Mustard.

Slice the cold carrots and pile them in individual dishes. Prepare some French dressing, add sugar and mustard, mix well and pour over the contents of each dish. Sprinkle the surface with chopped parsley.

## 23. CARROT SALAD (2)

Young carrots,  
1 onion,  
Olive oil,  
Vinegar,  
Chopped parsley,  
Boiled green peas,  
Mayonnaise (No. 245),  
Hard-boiled eggs.

Wash the carrots and boil them until tender, with an onion, in salted water. Drain off the water, allow them to cool, cut them into thin slices and put them into a bowl with a little oil and vinegar. Mix some cold cooked green peas with the carrots, turn into a large salad bowl, or serve as hors d'œuvres in individual little dishes. Pour over a coating of mayonnaise and garnish with chopped hard-boiled egg and parsley.



## 24. RAW CARROT SALAD

Raw carrots,  
Apples,  
Celery,  
1 orange,  
Nuts,  
Mayonnaise (No. 245).

Grate the carrots and mix with one or two apples, peeled and cut into cubes; add some chopped celery.

Place in a salad bowl, sprinkle over it the juice of an orange, add a coating of finely chopped nuts, and cover with mayonnaise.

This dish may also be served as hors d'œuvres in small individual plates.

## 25. CARROT AND ONION SALAD

Cold boiled young carrots,  
Onions,  
Mayonnaise (No. 245).

Cut the carrots into thin slices and add a quarter of the quantity of sliced raw onions; mix together and pour some mayonnaise over it.

## 26. YOUNG CARROTS AND WATERCRESS SALAD

Young carrots,  
Butter,  
Sugar,  
Watercress,  
French dressing (No. 242).

Boil the carrots until tender, taking care that they do not break; drain them and fry for a few minutes in a little butter; sprinkle them lightly with sugar and leave to cool.

Thoroughly wash, dry and chop some watercress.

Pile the carrots in a dish, pour French dressing over and surround with chopped watercress.

## 27. CAULIFLOWER SALAD

1 cauliflower,  
French dressing (No. 242),  
Beetroot,  
Mayonnaise (No. 245).

Boil the cauliflower in salted water until tender; drain off the water, allow to cool and break into small sections. Pour French dressing over and leave to stand for some time.

Drain off the dressing before serving it in a salad bowl. Pour mayonnaise over the surface and garnish with slices of beetroot.

## 28. CAULIFLOWER (WHOLE) SALAD

1 cauliflower,  
Mayonnaise (No. 245),  
Cheese,  
A lettuce,  
Beetroot.

Boil the cauliflower in salted water until tender; drain off the water and turn it into a mould or small bowl to become cold; press it down firmly in order that it may become a compact mass.

When cold, turn it on to a flat dish, cover with mayonnaise, sprinkle with grated cheese and surround with a border of young lettuce leaves and garnish with thin slices of beetroot.

## 29. CAULIFLOWER AND ONION SALAD

1 boiled cauliflower,  
1 onion,  
Vinaigrette sauce, or salad cream (No. 252  
or 249).

Allow the cauliflower to become cold, break it up into small sections, mix with it a finely chopped onion and serve in a salad bowl with vinaigrette sauce or salad cream poured over the surface.

### 30. CELERY AND APPLE SALAD

Celery,  
Eating apples,  
Vinegar,  
Pepper and salt,  
Mustard,  
Tomato sauce (No. 253).

Peel, core and cut the apples into dice. Chop the celery very small and mix with the apples, allowing two tablespoonfuls of celery to each apple.

Make a dressing by mixing half a gill of vinegar, pepper, salt, half a teaspoonful of mustard and a little tomato sauce.

Serve the salad on a flat dish with the dressing poured over.

Or serve with mayonnaise instead of the dressing given above.

### 31. CELERY AND CREAM CHEESE SALAD

Celery,  
French dressing (No. 242),  
Cream cheese,  
A lettuce.

Mix the cream cheese to a smooth cream with some French dressing.

Wash the white pieces of a head of celery and cut it into thin strips about an inch long.

Pile the celery on a bed of lettuce leaves and pour over it the cream cheese dressing.

## 32. CELERY AND POTATO SALAD

Cold boiled potatoes,  
Celery,  
1 onion,  
Mayonnaise (No. 245),  
Chopped parsley.

Slice the potatoes, chop the celery and the onion. Mix the onion with the potatoes and place a layer in a salad bowl; cover with a layer of celery and a little mayonnaise. Repeat these layers until all are used, finishing with mayonnaise and a sprinkling of chopped parsley.

## 33. CELERY AND TOMATO SALAD

Celery,  
Small tomatoes,  
French dressing (No. 242),  
Chopped parsley.

Plunge the tomatoes in boiling water and remove their skins.

Wash the celery and chop it finely. Pile in the centre of a shallow dish, surround with a border of thinly-sliced tomato, pour French dressing over and garnish with a sprinkling of chopped parsley.

## 34. CELERY (JELLIED) SALAD

Celery,  
A lettuce,  
Aspic jelly (No. 97),  
1 teaspoonful of grated horse-radish,  
Mayonnaise (No. 245).

Boil the grated horse-radish with two teacupfuls of aspic jelly for five minutes, then strain.

Chop some crisp white celery as finely as possible, and when the jelly has cooled, stir the celery into it.

Moisten a mould and pour the liquid jelly into it; put it in a cool place to set.

Select the young leaves of a lettuce, wash and dry them and lay on a dish with mayonnaise poured over. Turn out the jelly and serve it resting on the bed of lettuce.

### 35. CELERY JELLY SALAD

Celery,  
1 onion,  
1 carrot,  
Parsley,  
Pepper and salt,  
Gelatine,  
Spinach juice,  
Tomatoes,  
Cucumber.

Wash thoroughly a whole head of celery, trimming off the roots but retaining the leaves; chop it as finely as possible and boil in enough water to cover, with a small onion, some grated carrot and a little parsley. Boil slowly until the celery is quite tender.

Strain off the liquid and season it with pepper and salt; colour it attractively with spinach juice and stir in some dissolved and strained gelatine. Pour into a plain moistened mould and when set, turn it out and cut into dice.

Use this as a surround for chopped assorted meats, such as ham, poultry, etc. Garnish with slices of tomato and cucumber.

### 36. CELERY (JULIENNE) SALAD

Celery,  
Green and red sweet peppers,  
Apple,  
Lettuce,  
Mayonnaise (No. 245).

Cut young white celery into strips an inch long, and mix with a quarter of the quantity of green and red peppers cut to the same size; add some apple, similarly cut, and serve on a bed of young lettuce leaves. Pour mayonnaise over the surface.

### 37. CHESTNUT SALAD

Chestnuts,  
1 onion,  
Mayonnaise (No. 245),  
Celery,  
A lettuce,  
Olive oil,  
Vinegar,  
Tomatoes.

After removing the skins from the chestnuts, boil them in water with an onion, until tender; do not cook them to a mash; remove the onion, drain and allow to cool.

Slice the chestnuts, mix them with some mayonnaise, chop one or two sticks of celery and shred the lettuce; mix all together.

Heap this in a salad bowl, pour a little olive oil and vinegar over, and surround with a "border" of tomatoes cut in sections.

### 38. CHICORY SALAD

Chicory,  
1 shallot,  
French dressing (No. 242),  
Tomatoes.

Drain and dry some well washed chicory and cut it up into small pieces. Add a finely chopped shallot, toss in French dressing and serve in a salad bowl, garnished with sections of tomato.



## 39. CRESS SALAD

Watercress,  
Mustard and cress,  
1 hard-boiled egg,  
French dressing (No. 242).

Wash thoroughly and trim the watercress and mustard and cress, drain off all the water and shake well until quite dry. Mix with French dressing, place in a salad bowl and garnish with sections of hard-boiled egg.

## 40. CUCUMBER CUP SALAD

1 large cucumber,  
Beetroot,  
Celery,  
Mayonnaise (No. 245),  
Lettuce.

Peel the cucumber and cut it across into two inch lengths; then scoop out the seeded portion of each length, with a sharp knife. Chop a beetroot finely, mix with a little chopped celery, moisten with mayonnaise, and stuff the cucumber cups as full as possible with this mixture. Arrange on a flat dish and surround with shredded lettuce.

## 41. DANDELION SALAD

Young dandelion leaves,  
Cooked beetroot,  
French dressing (No. 242),  
Hard-boiled eggs.

Pick over, wash and dry well some young dandelion leaves; toss them in French dressing, mix with thinly sliced beetroot and serve in a salad bowl, garnished with slices of hard-boiled egg.

## 42. ENDIVE AND BEETROOT SALAD

Endives,  
Beetroot,  
French dressing (No. 242),  
Celery,  
Hard-boiled eggs.

Break into tufts some well washed and thoroughly dried endive; toss in French dressing.

Place the endive in a salad bowl, cover with a layer of sliced beetroot, sprinkle on the surface some finely chopped celery, and surround with a border of sliced hard-boiled eggs.

## 43. FRENCH BEANS AND SPAGHETTI SALAD

Spaghetti,  
French beans,  
Butter,  
Pepper and salt,  
Mayonnaise (No. 245).

Boil the spaghetti until tender in salted water, with a lump of butter added; drain off the water and allow to cool.

Cook the beans until tender, drain and allow to cool.

Mix the spaghetti, beans, pepper and salt, and serve in a salad bowl with mayonnaise poured over.

## 44. GREEN SALAD

Lettuces,  
Green peppers,  
Watercress,  
Onion,  
Parsley,  
French dressing (No. 242).

Wash, drain well and separate the leaves of the lettuce; wash the watercress and chop it coarsely; grate the

onion and cut the green peppers as thinly as possible; separate the parsley into small sprays.

Lay some lettuce leaves in a salad bowl, cover with a layer of the other ingredients, and repeat until the bowl is filled. Pour French dressing over and garnish with sprays of parsley.

#### 45. GREEN PEA SALAD

Cooked green peas,  
Mayonnaise (No. 245),  
Lettuce,  
Hard-boiled eggs.

Mix the peas with mayonnaise and pile in the centre of a dish; surround with shredded lettuce, and scatter over the surface of the peas some powdered yolk of the hard-boiled eggs. Chop the whites and sprinkle them on the lettuce.

#### 46. HARICOT BEAN SALAD

Cold boiled haricot beans,  
1 grated onion,  
Salad cream (No. 249),  
Parsley.

Mix the haricot beans with a grated onion, some finely chopped parsley and salad cream.

Serve in a flat dish, garnish with sprigs of parsley, and sprinkle chopped parsley on the surface.

#### 47. JERUSALEM ARTICHOKE SALAD

Jerusalem artichokes,  
Pepper and salt,  
Onion,  
French dressing (No. 242),  
Tomatoes.

Slice some cold cooked Jerusalem artichokes, and arrange them in a salad bowl, sprinkle with pepper

and salt, add a light coating of finely chopped onion, finishing with a covering of French dressing. Garnish with thinly sliced tomatoes.

#### 48. LETTUCE AND ENDIVE SALAD

Lettuce,  
Endive,  
French dressing (No. 242),  
1 onion.

Wash, drain and shred the lettuce. Soak the endive in salted water, wash, drain and separate it.

Rub the inside of a salad bowl with the onion, to impart a suspicion of its flavour to the salad, and mix equal quantities of lettuce and endive in the bowl. Pour French dressing over immediately before serving.

#### 49. LETTUCE AND RADISH SALAD

1 or 2 lettuces,  
Roquefort dressing (No. 248),  
Mayonnaise (No. 245),  
Radishes.

Shred some well washed and dried lettuces and toss in Roquefort dressing.

Slice the radishes thinly, mix them with mayonnaise and pile in the centre of a dish. Surround with a border of the shredded lettuce, and garnish with little flowers of radishes.

#### 50. MACARONI SALAD

Tube macaroni,  
1 onion,  
Celery,  
Salad sauce (No. 251),  
Lettuce.

Boil some macaroni in salted water until tender; drain off the water and leave to cool. Then slice

it into rings and mix with chopped onion, some finely chopped celery and salad sauce.

Serve in a salad bowl, on a bed of lettuce leaves.

### 51. MIXED VEGETABLE SALAD (1)

A cooked cauliflower,  
Beetroot,  
Cold boiled potatoes,  
A lettuce,  
Tomatoes,  
Potato dressing (No. 247),  
Pepper and salt.

Separate the sprigs of the cauliflower, slice the beetroot and potatoes and cut into small dice; slice the tomatoes thinly.

Arrange a layer of each vegetable in a salad bowl, with a light sprinkling of pepper and salt between each. Pour over the potato dressing, and surround with a border of shredded young lettuce leaves.

### 52. MIXED VEGETABLE SALAD (2)

A lettuce,  
Cold boiled potatoes,  
Olives,  
Cooked scarlet runners,  
1 onion,  
French dressing (No. 242).

Wash, drain and shred the lettuce; cut the cold potatoes into dice; slice the olives, mince the onion and mix all together, adding the cooked scarlet runners. Stir with French dressing and serve in a salad bowl.

## 53. MIXED VEGETABLE SALAD (3)

1 lettuce,  
Celery,  
Radishes,  
Onions,  
Pepper and salt,  
French dressing (No. 242),  
Raw carrots

Wash, drain and shred the lettuce; cut the celery into cubes and thinly slice the radishes; add one or two young minced onions. Mix all together, add pepper and salt to taste, and serve in a salad bowl. Pour French dressing over and garnish with a thin coating of grated carrots.

## 54. MIXED VEGETABLE SALAD (4)

Peas,  
Beans,  
Potatoes,  
Carrots,  
Salt and pepper,  
Parsley,  
French dressing (No. 242).

Cook each vegetable separately, taking care that they do not break. Cut the potatoes and carrots, when cold, into dice about the size of a pea and mix with the other vegetables; season with pepper and salt. Pile on a flat dish, pour French dressing over, and sprinkle with chopped parsley.

## 55. MIXED COOKED VEGETABLE SALAD (1)

Cooked carrots,  
„ cauliflower,  
„ peas,  
Tomatoes,  
1 onion,  
French dressing (No. 242),  
Mayonnaise (No. 245).



Cut the carrots into dice, about the same size as the peas, break the cauliflower into small sprigs and mix both with the peas. Stir in a finely chopped onion.

Serve in a salad bowl, or in individual small dishes if to act as hors d'œuvres. Pour over some French dressing, stir it with the ingredients and allow to stand for an hour before serving. Garnish with thinly sliced tomatoes and pour over some mayonnaise.

#### 56. MIXED COOKED VEGETABLE SALAD (2)

Cooked turnips,

„ carrots,

„ potatoes,

„ beetroot,

1 onion,

Mayonnaise (No. 245),

Tomato sauce (No. 253),

Watercress.

Mix equal portions of diced turnips, carrots, potatoes and beetroot; add a grated onion, and enough mayonnaise and tomato sauce to moisten well. Pile in a dish and scatter over the surface some chopped watercress.

#### 57. MIXED FRESH VEGETABLE SALAD

A lettuce,

Watercress,

Radishes,

Spring onions,

French dressing (No. 242),

Tomatoes.

Wash well and shred the lettuce. Mix it with some prepared watercress, thinly sliced radishes and sliced spring onions.

Pile in a salad bowl, and just before serving, pour French dressing over, and garnish with slices of tomatoes as a border.

## 58. SALAD MACEDOINE

Cold boiled haricot beans,  
 " " potatoes,  
 " " beetroot,  
 " " French beans,  
 Celery,  
 Vinegar,  
 Oil,  
 Chopped parsley.

Slice equal quantities of potatoes and beetroot; chop the same amount of celery and French beans, and mix all with an equal quantity of haricot beans; add vinegar and oil, turn into a salad bowl and sprinkle with chopped parsley.

## 59. VEGETABLE MAYONNAISE

Cold cooked new potatoes,  
 " " green peas,  
 " " young carrots,  
 1 chopped onion,  
 Mayonnaise (No. 245),  
 Lettuce,  
 Tomato.

Chop the potatoes and carrots approximately the same size as the peas, mix all together, add the onion and pile on a dish; pour mayonnaise over and garnish with a border of shredded lettuce, with little heaps of chopped tomatoes.

## 60. ONION AND CUCUMBER SALAD

1 Spanish onion,  
 1 small cucumber,  
 2 tomatoes,  
 French dressing (No. 242),  
 Hard-boiled eggs.

Peel the onion and cucumber and chop them finely.

Plunge the tomatoes in boiling water, remove the skins and chop small. Mix all together, place in a bowl, pour a little French dressing over, and sprinkle powdered yolk of egg over the surface.

#### 61. PARSNIP SALAD

Cold boiled parsnips,  
Salad sauce (No. 251),  
Parsley,  
Lettuce,  
Beetroot.

Slice the parsnips thinly, mix with salad sauce and chopped parsley, and serve on a bed of lettuce leaves, in a flat dish. Garnish with sliced and chopped beetroot.

#### 62. POTATO SALAD (1)

Cold boiled potatoes,  
Mayonnaise (No. 245),  
Spring onions,  
Parsley,  
Hard-boiled eggs.

Chop the onions very fine and mix them with the potatoes, previously sliced. Stir some mayonnaise with this and heap on little dishes. Chop the eggs and scatter them, with some chopped parsley, over the potatoes.

#### 63. POTATO SALAD (2)

Cold boiled potatoes,  
1 onion,  
Chopped parsley,  
 $\frac{1}{2}$  teaspoonful sugar,  
Pepper and salt,  
 $\frac{1}{4}$  teaspoonful mustard,  
1 tablespoonful vinegar,  
A little cream.

Make a dressing by mixing well together the cream, sugar, pepper, salt, mustard and vinegar.

Cut the potatoes in slices and toss them in the dressing.

Serve heaped on a flat dish, and sprinkle chopped onion and parsley on the surface.

#### 64. POTATO AND APPLE SALAD

1 to 2 lb. of cold boiled potatoes,  
1 onion,  
3 apples,  
Celery,  
Pepper and salt,  
Vinegar,  
Lettuce,  
Mayonnaise (No. 245).

Chop the potatoes and onion, peel, core and chop the apples, and chop three or four sticks of celery. Mix all together, season with pepper and salt, and stir in a little vinegar.

Wash, drain and shred a lettuce. Stir the lettuce with the other ingredients, turn into a large salad bowl and pour mayonnaise over.

#### 65. POTATO AND CELERY SALAD

Cold boiled potatoes,  
Celery,  
Brazil nuts,  
French dressing (No. 242).

Cut the potatoes into cubes; chop the celery, blanch and slice the Brazil nuts. Mix these well and serve in a bowl with French dressing poured over.

#### 66. RED CABBAGE AND CELERY SALAD

1 red cabbage,  
Celery,  
French dressing (No. 242).

Strip the outer leaves from the cabbage and chop the heart as small as possible.

Clean the celery and chop the white pieces very small.

Place the celery and cabbage in a salad bowl, mix them well and pour over French dressing.

## 67. RICE AND TOMATO SALAD

Rice,  
Tomatoes,  
Vinaigrette sauce (No. 252),  
Lettuce,  
Mayonnaise (No. 245).

Boil the rice in salted water until tender; when done, turn into a colander to drain; then hold it under the cold water tap for a moment in order to separate the grains of rice. Drain again.

Lay the rice in a salad bowl.

Peel and slice the tomatoes and mix them with vinaigrette-sauce. Lay them on the bed of rice, and surround with shredded lettuce mixed with mayonnaise.

## 68. RUSSIAN SALAD

Any cold cooked vegetables, such as carrots,  
turnips, potatoes, beetroot, parsnips, etc.,  
whole peas, beans, asparagus, lettuce,  
endive,  
Hard-boiled egg,  
Mayonnaise (No. 245).

Cut the cooked vegetables into dice; shred the lettuce or endive.

Arrange all the vegetable ingredients in layers in a salad bowl, sprinkle each with a little mayonnaise, and garnish the top layer with slices of beetroot and hard-boiled egg.

## 69. SALSIFY SALAD

Cold boiled salsify,  
Mayonnaise (No. 245),  
Lettuce,  
Tomato.

Slice the salsify, mix with mayonnaise and serve on a dish; surround with a mixture of shredded lettuce and chopped tomatoes.

## 70. SALSIFY AND TOMATO SALAD

Cold boiled salsify,  
Tomatoes,  
Cucumber,  
Watercress,  
Oil,  
Vinegar,  
Mayonnaise (No. 245).

Mix together equal quantities of sliced tomatoes and sliced salsify. Add a little watercress and slice cucumber. Stir with this a small quantity of oil and vinegar.

Turn the mixture into a salad bowl, cover with thick mayonnaise, and sprinkle with chopped watercress.

## 71. SCARLET RUNNER SALAD

Scarlet runners,  
Mayonnaise (No. 245),  
Lettuce,  
Tomatoes.

String and shred the beans and cook them until tender in salted water; drain well and allow to cool.

Mix with mayonnaise, pile on a bed of lettuce leaves, and surround with a border of sliced tomatoes.



## 72. SCARLET RUNNERS AND POTATO SALAD

Scarlet runners,  
Cold boiled potatoes,  
Endive,  
French dressing (No. 242).

String and shred the scarlet runners, boil them until tender in salted water, drain and allow to cool.

Slice thinly the potatoes.

Wash, drain and break up the endive.

Mix all together in equal proportions, place in a salad bowl and pour over some French dressing.

## 73. SPINACH AND ENDIVE SALAD

Endive,  
Cooked spinach,  
Vinegar,  
Olive oil,  
Pepper and salt,  
Hard-boiled egg.

Soak the endive in salted water for a short time before it is needed; then wash it in fresh water, drain well and dry.

Chop as finely as possible some cooked spinach from which all liquid has been drained; mix it with a little vinegar and twice the quantity of olive oil, add pepper and salt and beat well. Press into a plain mould to set.

Separate the tufts of the endive, lay on a flat dish, and turn the spinach shape on to this.

Garnish with slices of hard-boiled eggs.

## 74. SPRING SALAD (1)

Celery,  
Hard-boiled eggs,  
Mayonnaise (No. 245),  
Lettuce.

Select young white celery and wash it well; chop it as finely as possible.

Remove the yolks from the eggs and rub them through a fine sieve; mix with the celery, moisten with a little mayonnaise, and form into little cakes or balls.

Wash, drain and shred the lettuce, arrange it on a shallow bowl, place the yolk balls on it, and surround with a border of the egg whites cut into crescents.

#### 75. SPRING SALAD (2)

Watercress,  
Lettuce,  
Radishes,  
Onions,  
2 tablespoonfuls olive oil,  
1 tablespoonful vinegar,  
Pepper and salt.

Wash the watercress and lettuce thoroughly and drain. Pick over the cress and shred the lettuce.

Mix the oil, vinegar, pepper and salt.

Chop one or two small onions and some radishes; mix them with the watercress and lettuce. Pour the dressing over and stir all well together. Serve piled in a salad bowl.

#### 76. TOMATO AND BREADCRUMB SALAD

Stale bread crumbs,  
Tomatoes,  
Cucumber,  
Onions,  
French dressing (No. 242).

Place layers of bread crumbs, sliced tomatoes, sliced cucumber and chopped onion in a salad bowl. Repeat the layers until the bowl is filled, pour French dressing over and allow to stand for an hour or two. Serve as cold as possible.

**77. TOMATO AND CUCUMBER SALAD**

Small tomatoes,  
Cucumber,  
Lettuce.

Wash, drain and shred the lettuce, and arrange it on a dish. Remove the skins from the tomatoes and slice them thinly. Peel and slice the cucumber thinly.

Lay the sliced tomatoes in the centre of the bed of lettuce, and surround with the sliced cucumber.

**78. TOMATO AND ONION SALAD**

Tomatoes,  
Onions,  
Salt and pepper,  
Vinegar,  
Chopped parsley,  
Mustard,  
Olive Oil.

Plunge the tomatoes into boiling water for a minute; remove the skins and pips and slice them. Slice the onion.

Place alternate layers of tomatoes and onions in a salad bowl, sprinkle each lightly with pepper, salt, chopped parsley and mustard, and soak in vinegar for two or three hours.

When required to be served, cover the surface with olive oil.

**79. TOMATO AND POTATO SALAD**

Fresh tomatoes,  
Cold boiled potatoes,  
Chopped parsley.

Dip the tomatoes into boiling water for a moment, remove the skins, and cut them into slices.

Slice the potatoes thinly and arrange alternate layers of sliced tomatoes and sliced potatoes in a salad bowl. Sprinkle each layer of potatoes with a light covering of chopped parsley.

Decorate the top with small tomatoes cut in halves.

## 80. TOMATO AND RICE SALAD

2 tablespoonfuls of rice,  
Tomatoes,  
1 onion,  
Parsley,  
A clove of garlic,  
Oil,  
Vinegar.

Boil the rice in salted water until tender, drain it, allow cold water to run on it for a minute or two, and drain again.

Peel and slice a few small tomatoes, add a chopped onion, one dessertspoonful of chopped parsley, one crushed clove of garlic and mix all with the rice.

Serve on a dish with a dressing of oil and vinegar.

## 81. TOMATO AND WATERCRESS SALAD

Tomatoes,  
Watercress,  
Salt,  
Sugar,  
Olive Oil,  
Vinegar.

Wash the watercress well and allow to drain. Dip the tomatoes in boiling water and peel them; cut each into four; sprinkle each with salt and sugar.

Arrange the tomato sections on a dish; pour over a small quantity of olive oil and a very little vinegar, and use the watercress as garnish.

## 82 FRENCH TOMATO SALAD

Tomatoes,  
Lettuces,  
Mayonnaise (No. 245),  
Hard-boiled egg.

Remove the skins from the tomatoes. Wash the lettuces and drain them well. When dry, make a bed of the light green leaves on a flat dish.

Cut each tomato into four or five slices, lay them on the lettuce, pour mayonnaise over, and use chopped white of egg, sprinkled on the surface, as a garnish.

## 83. STUFFED TOMATO SALAD (1)

Tomatoes,  
Celery,  
Hard-boiled eggs,  
Thick mayonnaise (No. 245),  
Lettuce.

Cut a slice off the stalk end of each tomato and remove the pulp and juice from the inside. Mix this with an equal quantity of finely chopped celery and hard-boiled eggs.

Fill the tomato cases with this mixture, and pour thick mayonnaise on the top of the filling.

Arrange the stuffed tomatoes on a bed of lettuce or endive.

## 84. STUFFED TOMATO SALAD (2)

Large firm tomatoes,  
Apples,  
Nuts,  
Celery,  
Thick mayonnaise (No. 245).

Cut the tomatoes across and scoop the seeds out of each half. Chop finely and mix with some apples, celery and nuts. Stuff each half tomato with this mixture, stand on a bed of lettuce and pour thick mayonnaise over each.

## 85. TURNIP AND CARROT SALAD

Cold boiled turnips,  
 " " carrots,  
 " " potatoes,  
 " " beetroot,  
 Leeks,  
 Tomatoes,

Salad dressing (No. 250).

Slice thinly the turnips, carrots, potatoes and beet-roots; mix together and add a small quantity of chopped leek. Pile on a dish, garnish with sliced tomatoes and pour salad dressing over.

## 86. VEGETABLE MARROW SALAD

A vegetable marrow,  
 A lettuce,  
 1 lemon,  
 Mayonnaise (No. 245),  
 Parsley.

Select a marrow that is not too ripe, peel it, cut it in two lengthwise, remove the seeds and cut into crescents about one or one and a half inches thick. Boil in salted water until tender, but do not allow to break; drain and leave to cool. Sprinkle with a little lemon juice.

When quite cold, lay the crescents on a bed of lettuce leaves, coat with thick mayonnaise, and sprinkle with chopped parsley.

## 87. WINTER SALAD (1).

Cold cooked potatoes,  
 Celery,  
 Beetroot,  
 Cooked carrot,  
 Onion,  
 Hard-boiled eggs,  
 Potato dressing (No. 247).



Cut a few cold potatoes into dice, add equal quantities of diced celery, beetroot and carrot; stir in a grated onion and mix well with potato dressing.

Stand in a cool place for half an hour, then serve in a salad bowl, garnished with slices of hard-boiled eggs.

#### 88. WINTER SALAD (2)

Eating apples

1 onion,

Beetroot,

Chopped parsley.

French dressing (No. 242).

Peel and chop one or two apples into dice; add a suspicion of grated onion and a beetroot cut into dice. Mix well with French dressing, and serve in a bowl or in individual plates, with chopped parsley sprinkled over.

#### 89. WINTER SALAD (3)

Cold cooked vegetables, such as potatoes,  
carrots, turnips, beetroot, cauliflower,

Watercress,

2 hard-boiled eggs,

Mayonnaise (No. 245).

Wash the watercress well in several waters and allow it to drain thoroughly.

Break the cauliflower into small pieces and cut the other vegetables and eggs into dice.

Mix the watercress with the eggs and vegetables, pile in a salad bowl and pour mayonnaise over.

*General Remarks*

Frozen foods (see page 132) and the inclusion in the menu of savoury fruit salads (see pages 133-146) widen the salad-maker's choice, while a vegetable garden, however small, is invaluable for providing fresh vegetables. To make the best use of the possibilities, however, the salad-maker must be prepared to shed any trace of conservatism about vegetables, and be ready to try something new. Experiments can often be made in the first place by using only a small quantity of the new vegetable.

In addition to the ingredients of the recipes in this chapter, the following may be found worth a trial: shredded raw brussels sprouts; Jerusalem artichokes (scrub or peel thinly; soak in water with a little lemon or white vinegar; boil in salted water for about 30 minutes till tender); mushrooms; uncooked young spinach leaves; caraway seeds.

Garlic has become increasingly popular in Britain of recent years. Though it must be used sparingly, it adds a distinctive flavour that is dear to those who like it. A very subtle garlic flavour is given to a salad by just rubbing the salad bowl with a cut clove (dried bud) of garlic.

Some people prefer the delicate flavour of the shallot to that of the onion, and it may be used instead of onion in any recipe. For those who dislike both onion and garlic flavours, it is easy to omit these ingredients.

Salads can be adapted to suit all tastes.

## CHAPTER III

### POULTRY AND GAME SALADS

#### 90. CHICKEN SALAD (1)

Remains of cold chicken,  
A lettuce,  
French dressing (No. 242),  
Hard-boiled egg,  
Cucumber.

Wash the lettuce and allow it to drain well.

Select pieces of chicken which are free from bone and skin; and cut them up into small dice.

Shred the lettuce and arrange it in a salad bowl; lay the chopped chicken on the lettuce, cover with French dressing, and garnish with slices of cucumber and hard-boiled egg.

#### 91. CHICKEN SALAD (2)

Remains of cold chicken,  
Apples,  
Celery,  
Nuts,  
Mayonnaise (No. 245),  
Whipped cream.

Chop some cold chicken, removing all skin, bone and gristle; cut some apples and celery into dice and mix with the chicken. Arrange on a dish, add a covering of finely chopped nuts, and pour over some mayonnaise mixed with whipped cream.

## 92. CHICKEN SALAD (3)

Cold chicken,  
Lettuce,  
Cucumber,  
Beetroot,  
Salad Cream (No. 249),  
1 onion,  
Hard-boiled egg.

Cut the remains of a cold chicken into neat portions, removing all bones and bits of skin.

Wash, drain and shred a lettuce, and lay it in a salad bowl.

Arrange the pieces of chicken on the lettuce; surround with a border of sliced cucumber and beetroot alternately. Pour salad cream over and sprinkle the surface with finely chopped onion and finely powdered yolk of a hard-boiled egg.

## 93. MOULDED CHICKEN AND HAM SALAD

Cold chicken,  
„ ham,  
Celery,  
Mayonnaise (No. 245),  
Lettuce,  
Hard-boiled egg,  
Tomatoes,  
Pepper and salt.

Cut the chicken and ham into dice, and mix with an equal quantity of finely chopped celery; add pepper and salt to taste and moisten with thick mayonnaise.

Fill small moulds or cups with this mixture and press in firmly.

Arrange nests of shredded lettuce on individual salad plates, turn out the contents of one mould on to the lettuce on each plate, and garnish with slices of tomatoes and chopped hard-boiled egg.

94. DUCK SALAD

Cold cooked duck,  
Chopped celery,  
Mayonnaise (No. 245),  
Lettuce or endive,  
Salt and Pepper,  
Oranges.

Remove all skin and bone from the duck and cut the meat into dice. Mix with some chopped celery, salt and pepper, and moisten with mayonnaise.

Pile up in a salad dish, surround with lettuce or endive, and garnish with thin slices of orange.

If liked, some chopped cooked chestnuts may be added to the mixture of duck and celery, and French dressing may take the place of mayonnaise.

95. GAME SALAD

Cold game or poultry,  
Pepper and salt,  
1 lemon,  
1 bay leaf,  
French dressing (No. 242),  
A lettuce,  
1 hard-boiled egg,  
1 beetroot,  
Mayonnaise (No. 245).

Take out all the bone, skin and gristle from the meat and cut it into neat small pieces.

Put the meat into a large dish, sprinkle with pepper and salt, add two or three slices of lemon and a bay leaf, and pour over some French dressing and the juice of a lemon. Allow it to stand for two or three hours and stir occasionally.

Wash the lettuce and drain it well.

Place a layer of shredded lettuce in a salad bowl, add a layer of the seasoned meat and a layer of lettuce

alternately until the bowl is filled, arranging meat for the last layer. Pour mayonnaise over, and garnish with sliced beetroot and hard-boiled eggs.

## 96. MAYONNAISE OF GAME OR POULTRY

Remains of cold game or poultry,

Lettuce,

Thick mayonnaise (No. 245),

Hard-boiled eggs,

Chopped parsley.

Chop the meat very small; wash, drain and shred the lettuce.

Serve this dish in individual plates or china ramakin cases.

Pour a dessertspoonful of mayonnaise in each plate. Arrange a layer of chopped game in the sauce on each plate, cover with lettuce and a sprinkling of chopped hard-boiled eggs. Continue arranging alternate layers until a pile is in each plate. Top each heap with mayonnaise and sprinkle with chopped parsley.



## CHAPTER IV

### MEAT SALADS

COLD meat, game and fish may be combined with aspic and served as an alternative to minced or chopped meats. Below is given a recipe for aspic jelly, which will be needed when constructing such dishes.

#### 97. ASPIC JELLY

1 quart of veal stock,  
Shells and whites of two eggs,  
 $\frac{1}{2}$  gill of tarragon vinegar,  
2 oz. gelatine,  
1 bouquet garni (mixed herbs),  
A little celery.

Remove all fat from the surface of the stock before using it.

Crush the egg shells, beat the whites, cut the celery into two inch lengths.

Put the stock into a stew-pan, add the gelatine, celery, the egg whites and shells, and bouquet garni, which in this case may be composed of a sprig each of mint, parsley and thyme, and one bay leaf. Bring slowly to the boil, whisking all the time, then add the vinegar, boil slowly a minute longer, still whisking; then remove from the fire, allow to cool a little, strain through a jelly bag several times, and allow to set.

## 98. BEEF SALAD

Cold cooked beef,  
" " potatoes,  
1 onion,  
Horse-radish sauce (No. 243),  
Tomatoes.

Trim the meat and chop it as small as possible. Slice some cooked potatoes, add a chopped onion, and mix with the meat. Stir some horse-radish sauce with the mixture, turn into a salad bowl and garnish with sliced tomato.

## 99. HAM SALAD

Cold ham,  
" boiled peas,  
" " carrots,  
1 onion,  
Chopped parsley,  
Salad dressing (No. 250).

Cut the ham and carrots into dice and mix with the onion, previously minced; add the peas and turn on to a shallow dish; pour salad dressing over and sprinkle with chopped parsley.

## 100. HAM AND GREEN PEAS SALAD

Cold cooked ham,  
" " green peas,  
" " potatoes,  
Mayonnaise (No. 245),  
Spring onions,  
Chopped parsley,  
Cucumber.

Chop the ham small, and mix with an equal quantity of green peas and a tablespoonful of finely chopped spring onions.

Cut the potatoes into thin slices and lay them in the centre of a dish; pour mayonnaise over them.

Arrange the ham and peas in little heaps round the potatoes, garnish with thin slices of cucumber, and sprinkle with chopped parsley.

#### 101. HAM AND POTATO SALAD

1 lb. potatoes,  
1 onion,  
Ham,  
Salt,  
2 tablespoonfuls of olive oil,  
2       "       "       vinegar,  
Parsley,  
Lettuce,  
Hard-boiled eggs.

Chop an onion and place it in a mixing bowl, add the olive oil, vinegar and a little salt, stir together and stand for a few minutes.

Boil the potatoes until tender, but do not allow them to break; drain off the water, and when they have cooled a little, but while still warm, slice them thinly and add them to the contents of the mixing bowl. Add, also, some chopped parsley and three tablespoonfuls of finely chopped ham. Mix thoroughly and stand until quite cold.

Wash, drain and shred a lettuce; arrange it on a flat dish and pile the potato mixture on it. Garnish with sliced hard-boiled eggs.

#### 102. HAM AND SPINACH SALAD

Cooked ham,  
Spinach mould (No. 73),  
Watercress,  
Salad sauce (No. 251),  
Cream.

Serve this on individual plates. On each lay some small slices of ham with a spinach mould in the centre.

Whip some cream, stir it lightly with salad sauce, and pour a little over each spinach shape. Garnish with watercress.

103. HAM AND STUFFED TOMATOES  
SALAD

Cold ham,  
Salt and pepper,  
Tomatoes,  
Celery,  
Onion,  
Bread crumbs,  
Oil,  
Vinegar,  
Lettuce,  
Mayonnaise (No. 245).

Chop the ham, celery and onion as finely as possible, season with pepper and salt, and add half the quantity of bread crumbs; mix well and add enough oil and vinegar to bind the mixture.

Cut a slice off the stalk end of the tomatoes, scoop out the pulp and mix with the other ingredients; fill each tomato case with this.

Wash, drain and arrange the lettuce on a flat dish, lay the stuffed tomatoes on the lettuce, and pour thick mayonnaise over each.

104. LAMB SALAD

Cold lamb,  
Cucumber,  
Cold potatoes,  
French dressing (No. 242),  
Lettuce,  
Mint.

Chop the meat into neat small pieces, add some diced cucumber and cold boiled potatoes; stir in enough French dressing to moisten.

Mix some finely chopped mint with a shredded

lettuce, and lay on a dish. Turn the meat mixture on to it and sprinkle with chopped mint.

#### 105. MEAT SALAD

Remains of cold meat,  
Lettuces,  
Onions,  
French dressing (No. 242),  
Cucumber.

Cut the meat into small thin slices. Wash and drain the lettuce and tear it into shreds.

Make up a bed of lettuces on a flat dish, place the slices of meat on it and scatter grated onions on the surface; pour French dressing over all, and garnish with thin slices of cucumber.

#### 106. COLD TONGUE SALAD

Cold Tongue,  
Cheese,  
Lettuce,  
Salad dressing (No. 250),  
Cucumber.

Chop the tongue and mix with half the quantity of cheese cut into small cubes.

Wash, drain and shred the lettuce; lay it on a flat dish, pile the tongue and cheese mixture in the centre and surround with thinly sliced cucumber. Just before serving, pour salad dressing over.

#### 107. TRIPE SALAD

Cooked tripe,  
Cold boiled potatoes,  
Beetroot,  
1 onion,  
French dressing (No. 242),  
Worcester sauce (No. 254),  
Parsley.

Dry and cut into small pieces some tender well-cooked tripe; add some sliced potatoes, beetroot and grated onion.

Moisten with French dressing, to which has been added a little Worcester sauce; pile on a dish and sprinkle with chopped parsley.

#### 108. VEAL AND HAM SALAD

Cold veal,  
,, ham,  
Celery,  
1 onion,  
Hard-boiled eggs,  
Mayonnaise (No. 245).

Chop small and mix equal quantities of cold veal and ham; add the onion, chopped finely, some celery, cut into dice and turn all on to a shallow dish. Surround with a border of sliced or chopped hard-boiled eggs, and pour mayonnaise over.



## CHAPTER V

### FISH SALADS

#### 109. ANCHOVY SALAD

Anchovies,  
Lettuce,  
Spring onions,  
Chopped parsley,  
1 lemon,  
Salad oil.

Wash and drain the lettuce. Bone the anchovies and remove their heads and tails.

Shred the lettuce and arrange a layer on a flat dish; cut the onions into rings and lay them, with the anchovies, on the bed of lettuce. Mix a few drops of lemon juice with a tablespoonful of salad oil and pour it over the fish; scatter chopped parsley on the surface and decorate with slices of lemon.

#### 110. ANCHOVY AND BRUSSELS SPROUTS SALAD

Cold boiled Brussels sprouts,  
Oil,  
Vinegar,  
Pepper and salt,  
Anchovies,  
Capers,  
Mayonnaise (No. 245).

Cut the Brussels sprouts in two; mix oil, half the quantity of vinegar, pepper and salt, and pour over the sprouts; allow them to soak in this for an hour

or so. Add two or three chopped anchovies and a few chopped capers; mix well.

Serve on a flat dish with mayonnaise poured over.

### III. CRAB SALAD

1 crab,  
2 lettuces,  
Mayonnaise (No. 245),  
Mustard and cress.

Cut the lettuces into sections, lengthwise, wash them well and drain.

Put the meat from the body of the crab in the centre of a dish, and surround it with the contents of the claws; pour over some mayonnaise. Arrange the sections of lettuce around, with some mustard and cress among it.

### 112. FISH SALAD (1)

Cold boiled fish,  
" " rice,  
Mayonnaise (No. 245),  
Chopped parsley.

Flake or shred the fish; mix with it a little boiled rice and mayonnaise. Heap it into small dishes and sprinkle with chopped parsley.

### 113. FISH SALAD (2)

Cold fish,  
Lettuce,  
Anchovy essence,  
2 hard-boiled eggs,  
Mayonnaise (No. 245),  
Lemon.

Use any remains of cold cooked fish; remove all bones and skin, and flake it.

Place the fish flakes on a bed of shredded lettuce; sprinkle a few drops of Anchovy essence over it. Crush the yolks of one or two hard-boiled eggs and mix them with some mayonnaise; pour the mixture over the fish, and garnish with thin slices of lemon.

#### 114. FISH SALAD (3)

Cold boiled fish,  
Celery,  
Cucumber,  
Hard-boiled eggs,  
Pepper and salt,  
Mayonnaise (No. 245).

Flake the fish, removing all skin and bone. Mix with an equal quantity of celery and cucumber, cut into dice; season with pepper and salt and arrange on a dish. Cover with a layer of chopped hard boiled eggs, and pour over some mayonnaise.

#### 115. FISH SALAD (4)

Cold boiled fish,  
Celery,  
Pepper and salt,  
2 tablespoonfuls of salad oil,  
1 tablespoonful vinegar,  
1       "       lemon juice,  
Tomato sauce (No. 253).

Break the fish into flakes, removing all skin and bone. Measure it and mix with half its bulk of chopped celery; add pepper and salt, oil, vinegar and lemon juice, mixing all well together.

Turn into a large salad bowl, and cover the surface with thick tomato sauce.

**116. FISH SALAD (5)**

Cold fish,  
Pepper and salt,  
Salad cream (No. 249),  
A lettuce,  
A hard-boiled egg,  
Tomatoes,  
Cucumber.

Flake the fish, removing all skin and bone; season with pepper and salt and mix with salad cream.

Serve on a bed of lettuce leaves, and garnish with a border of sliced cucumber, tomatoes, and hard-boiled eggs.

**117. FISH AND CELERY SALAD**

Cold boiled fish,  
Salt and pepper,  
2 tablespoonfuls lemon juice,  
Celery,  
Mayonnaise (No. 245),  
Lettuce.

Flake the fish and remove all bone and skin; add pepper and salt to taste, pour over the lemon juice, and stand it on one side for a time.

Wash the celery, chop it very fine, and mix it with the fish in equal quantities.

Place shredded lettuce in a salad bowl or dish, pile the fish and celery mixture on it, and cover with mayonnaise. Garnish with slices of lemon.

**118. FISH AND RICE SALAD**

Remains of cold boiled fish,  
Cold boiled rice,  
Mayonnaise (No. 245),  
Parsley.

Flake the fish and remove all skin and bone. Mix with some cold rice and mayonnaise.

Serve piled up in scallop shells, and sprinkle with chopped parsley.

### 119. FISH AND SPAGHETTI SALAD

Cold boiled fish,

„ „ spaghetti,

Vinegar,

Pepper and salt,

1 gill cream,

1 tablespoonful grated horse-radish,

$\frac{1}{2}$  teaspoonful sugar,

Hard-boiled eggs,

Parsley.

Drain all moisture from the fish, remove any skin and bone, and flake the fish; sprinkle with pepper and salt, and pour a little vinegar over.

Whip the cream, and to it add the sugar and horse-radish.

Take equal quantities of fish and cooked spaghetti, mix with it the horse-radish dressing, pile on a dish, and garnish with slices of hard-boiled egg and a sprinkling of chopped parsley.

### 120. HERRING SALAD (1)

4 herrings,

Vinegar,

Apples,

Cold boiled potatoes,

Celery,

Beetroot,

Horse-radish sauce (No. 243),

Parsley,

Hard-boiled egg.

Remove the skin and bone from the fish and break it up as finely as possible; mix with enough vinegar to moisten.

Chop finely 2 cupfuls of apples, 1 cupful of potatoes,  $\frac{1}{2}$  cupful of celery and 1 cupful of beetroot; mix well and add the finely chopped fish.

Add one tablespoonful of chopped parsley to some horse-radish sauce, pour this over the mixture, which is served in a large dish. Garnish with slices of hard-boiled egg, and a sprinkling of chopped parsley.

#### 121. HERRING SALAD (2)

6 herrings,  
Cold boiled potatoes,  
1 finely chopped onion,  
Salad dressing (No. 250),  
Lettuce,  
Hard-boiled egg.

Soak the herrings overnight in water, to extract the salt, then drain. Remove the skin and bone and place on dish on a bed of sliced potatoes. Surround with a border of shredded lettuce.

Sprinkle with chopped onion, and pour over some thick salad dressing. Garnish with slices of hard boiled egg.

#### 122. HERRING AND VEGETABLE SALAD

4 herring fillets,  
1 beetroot,  
2 or 3 sticks of celery,  
2 or 3 cold boiled potatoes,  
1 large apple,  
Pepper and salt,  
Mustard,  
1 lemon,  
Cream.

Cut the herrings and all the vegetables and apple into small dice; add pepper, salt and mustard, one teaspoonful of lemon juice and a little cream. Mix well and serve in little dishes.



### 123. JELLIED FISH AND CUCUMBER MAYONNAISE

Remains of cold fish,  
1 cupful of aspic (No. 97),  
Cucumber,  
Lemon,  
Olives,  
Mayonnaise (No. 245).

Flake the fish, removing all bone and skin. Heat one cupful of aspic until liquid enough to pour, then arrange the flaked fish in layers in a wet mould, with thinly sliced lemon and olives scattered between the layers. Pour the aspic over and set aside to become firm.

When set, turn on to a flat dish, surround with a border of thinly sliced cucumber, and pour thick mayonnaise over.

### 124. LOBSTER SALAD

1 Lobster,  
Lettuce,  
Mayonnaise (No. 245),  
Cucumber,  
1 hard-boiled egg.

Wash, drain and shred the lettuce and lay it on a dish. Remove the meat from a lobster and arrange it tastefully on the lettuce. Pour mayonnaise over, and garnish with thin slices of cucumber, hard-boiled egg, and the coral of the lobster.

### 125. PRAWN AND TOMATO SALAD

Large tomatoes,  
Prawns,  
Thick mayonnaise (No. 245),  
Lettuce.

Cut a slice from the stalk portion of each tomato and remove the pulp and pips.

Remove the heads, tails and skins from the prawns and place two or three in each tomato shell.

Lay some young green lettuce leaves on a glass dish, arrange the stuffed tomatoes on the lettuce, and pour mayonnaise over the prawns in each.

Stand unskinned prawns round the edge of the dish, as a garnish, taking care that the heads stand up well.

#### 126. SALMON AND CHEESE SALAD

3 oz. cheese,  
Mustard, salt and pepper,  
Vinegar,  
Lettuce,  
Cold Salmon.

Wash and drain the lettuce, grate the cheese and mix it with a little mustard, salt and pepper. Stir in a small quantity of vinegar to form a paste.

Shred the lettuce, lay it in a large bowl, or distribute it in several small dishes; lay the flakes of salmon on the lettuce, and spread the cheese paste on the fish.

#### 127. SALMON AND CUCUMBER JELLY SALAD

Cold salmon,  
1 cucumber,  
Tarragon vinegar,  
1 tablespoonful gelatine,  
Nasturtium seeds,  
Lettuce,  
Mayonnaise (No. 245).

Peel a cucumber and cut it up into dice; mix with a little tarragon vinegar.

Dissolve the gelatine in half a cupful of boiling water, allow to cool, then stir it with the cut up

cucumber; add a few chopped nasturtium seeds and pour into a moistened border mould.

When set, turn it on to a large dish.

Wash and shred the lettuce, and pile it in the centre of the jelly surround; flake the salmon, lay it on the lettuce, and cover with mayonnaise.

#### 128. SALMON MAYONNAISE

Cold salmon,  
1 lettuce,  
Mayonnaise (No. 245),  
Cucumber,  
Hard-boiled egg.

Wash, drain and shred the lettuce and arrange it in a salad bowl. Separate the flakes of salmon and place them above the lettuce. Pour mayonnaise over, and garnish with thin slices of cucumber and hard-boiled egg.

#### 129. SARDINE SALAD (1)

Sardines,  
Endive,  
1 onion,  
French dressing (No. 242).

Bone and skin the sardines; chop the onion finely.

Arrange some tufts of endive on small salad plates; in the centre of each lay a small heap of onion, and on this place two sardines. Serve with French dressing poured over.

#### 130. SARDINE SALAD (2)

Sardines,  
Cold boiled potatoes,  
Cucumber,  
1 onion,  
Chopped parsley,  
Hard-boiled egg,  
Mayonnaise (No. 245).

Skin and bone the sardines. Mix them with equal quantities of cold chopped potatoes and diced cucumber, one minced onion and some chopped parsley.

Lay this mixture on a dish, surround with a border of sliced hard-boiled egg, and pour over some mayonnaise.

### 131. SARDINES AND ANCHOVY BUTTER SALAD

Sardines,  
A lettuce,  
Cucumber,  
French dressing (No. 242),  
Anchovy butter (No. 1).

Lay some young lettuce leaves on a dish, and on them place the sardines in a regular row. Garnish with slices of cucumber and small balls of anchovy butter; pour French dressing over.

### 132. SARDINE AND EGG SALAD

Sardines,  
Lettuces,  
Hard-boiled eggs,  
French dressing (No. 242).

Remove the bones from the sardines. Wash, drain and shred the lettuce. Place it in a salad bowl, arrange the sardines on it, surround with a border of sliced hard-boiled eggs, and cover with French dressing.

### 133. SARDINE AND RICE SALAD

Sardines,  
1 teacupful rice,  
1 onion,  
Lettuce,  
French dressing (No. 242),  
Chopped parsley.

Boil the rice until tender in salted water, allow to drain and mix with it a small finely chopped onion.

Wash and drain the lettuce and lay the leaves on a shallow dish.

Pile the rice on the lettuce; arrange the sardines (from which the bones have been removed) on the rice, cover with French dressing, and sprinkle the surface with chopped parsley.

#### 134. SHRIMP SALAD

1 pint shrimps,  
Mayonnaise (No. 245),  
Cucumber,  
A lettuce.

Pick the shrimps and mix them with thick mayonnaise. Serve on a bed of shredded lettuce, and garnish with a border of sliced cucumber.

#### 135. SHRIMP AND CELERY SALAD

Shrimps,  
Celery,  
Olive oil,  
Vinegar,  
Mayonnaise (No. 245),  
Lettuce.

Mix some picked shrimps with twice the quantity of finely chopped celery. Pour a little oil and vinegar over, and allow it to stand for some time.

Drain off the surplus oil and vinegar before serving. Arrange on a bed of lettuce leaves, cover with thick mayonnaise, and surround with a border of picked shrimps.

## 136. SHRIMP AND POTATO SALAD

Cold boiled potatoes,  
Olive oil,  
White vinegar,  
Thick mayonnaise (No. 245),  
Hard-boiled eggs,  
Shrimps,  
Radishes.

Cut the potatoes into dice, spread them in a shallow dish and soak in a mixture of olive oil and white vinegar, using two parts of oil to one of vinegar.

Pile the soaked potatoes high in the centre of a dish, cover with thick mayonnaise, and garnish with a border of sliced hard-boiled eggs, shelled shrimps, and sliced radishes.

## 137. SHRIMP AND RICE SALAD

4 tablespoonfuls rice,  
1 teacupful picked shrimps,  
Salt,  
3 tablespoonfuls olive oil,  
1 tablespoonful vinegar,  
Lettuce,  
Hard-boiled egg.

Boil the rice in salted water until tender. Stand to drain until quite cold.

Mix the shrimps and rice, add the oil and vinegar, and mix thoroughly.

Pile into a large salad bowl. Surround with young lettuce leaves and slices of hard-boiled egg.

## CHAPTER VI

### EGG AND CHEESE SALADS

#### *Egg Salads*

#### 138. EGG SALAD (1)

Hard-boiled eggs,  
Lettuce,  
Parsley,  
Tomatoes,  
French dressing (No. 242).

Wash, drain and shred the lettuce; plunge the tomatoes in hot water for a moment and remove the skins. Cut the eggs in half.

Lay the shredded lettuce in a shallow bowl, cut each tomato in half and arrange them on the lettuce with the cut sides uppermost.

On each piece of tomato place half an egg, pour French dressing over, and sprinkle each egg with chopped parsley.

#### 139. EGG SALAD (2)

Hard-boiled eggs,  
Beetroot,  
Cucumber,  
French dressing (No. 242),  
Worcester sauce (No. 254),  
Watercress.

Shell and slice some hard-boiled eggs. Arrange on a dish in straight rows, with sliced cucumber and beet-roots alternately. Pour over a little French dressing, to



which has been added a teaspoonful of Worcester sauce. Garnish with coarsely chopped watercress.

#### 140. EGG AND BEETROOT SALAD

Cooked beetroots,  
Hard-boiled eggs,  
Spring onions,  
French dressing (No. 242).

Peel and slice the beetroot and chop finely the onions. Shell the eggs and slice them.

Fill a salad bowl with alternate layers of beetroot and egg, covering each with a sprinkling of chopped onions.

Pour French dressing over.

#### 141. EGG, BEETROOT AND LETTUCE SALAD

A lettuce,  
Cooked beetroot,  
Hard-boiled eggs,  
Onion,  
French dressing (No. 242),  
Tomato sauce (No. 253).

Wash, drain and shred the lettuce; slice the beetroot and hard-boiled eggs. Mix together and turn into a salad bowl, sprinkle with grated onion and cover with a mixture of French dressing and tomato sauce. Garnish with slices of beetroot and egg.

#### 142. EGG, BEETROOT AND RADISH SALAD

Cooked beetroots,  
Radishes,  
Cucumber,  
2 hard-boiled eggs,  
1 onion,  
Mayonnaise (No. 245),  
A lettuce.

Peel and slice one or two beetroots and cut the slices into match-like strips; mix with some thinly sliced cucumber, radishes, chopped hard-boiled egg and chopped onion.

Blend these with mayonnaise and pile on a bed of shredded lettuce.

#### 143. EGG, CELERY AND NASTURTIUM SEED SALAD

Celery,  
Pickled nasturtium seeds,  
Hard-boiled eggs,  
Chopped parsley,  
Mayonnaise (No. 245),  
Lettuce.

Chop finely the white pieces of a head of celery, add nasturtium seeds to the equivalent of half the celery, one or two chopped hard-boiled eggs and some chopped parsley.

Wash and drain some lettuce leaves and arrange them on a dish. Lay the prepared mixture on them and pour over some mayonnaise.

#### 144. EGG AND CUCUMBER SALAD

1 cucumber,  
2 or 3 hard-boiled eggs,  
Olives,  
A lettuce,  
Mayonnaise (No. 245).

Wash and drain the lettuce and arrange the leaves on a flat dish.

Peel the cucumber and cut into dice.

Stone and chop some olives and slice the eggs. Mix together the eggs, cucumber and olives, and pile on the lettuce leaves, with mayonnaise poured over.

## 145. EGG AND FRENCH BEANS SALAD

French beans,  
Pepper and salt,  
Parsley,  
Mayonnaise (No. 245),  
Hard-boiled eggs.

Cook the beans in salted water until tender, and drain well. Sprinkle with pepper and salt and mix with chopped parsley.

Serve in a salad bowl with mayonnaise poured over; on the surface scatter some powdered yolk of a hard-boiled egg. Chop the whites of the eggs and arrange in heaps around the edge.

## 146. EGG AND LETTUCE SALAD

Lettuces,  
2 hard-boiled eggs,  
Salt and pepper,  
 $\frac{1}{2}$  teaspoonful of mustard,  
6 tablespoonfuls of olive oil,  
2 tablespoonfuls of vinegar.

Mix the yolks of the eggs to a paste with a very little vinegar, salt and mustard, and when quite smooth, add gradually the oil and rest of the vinegar and pepper.

Shred some prepared lettuces, and toss them in this dressing until well coated with it. Turn into a salad bowl and garnish the surface with the whites of the eggs cut into crescents.

## 147. EGG AND SPINACH SALAD

Young spinach,  
Spring onions,  
French dressing (No. 242),  
Hard-boiled eggs.

Pick over the spinach and wash it in several waters until free from grit; then drain and finish drying by

shaking in a cloth. Chop a few spring onions, mix them with the spinach leaves and stir well, with some French dressing poured over.

Serve in a salad bowl and garnish with hard-boiled eggs cut into fours.

#### 148. EGG AND SPINACH MOULD SALAD

Spinach,  
Pepper and salt,  
Hard-boiled egg,  
Mayonnaise (No. 245).

Cook some spinach until tender, drain well and press into either one large or several small moulds, and when quite cold and set, turn out, decorate with slices of hard-boiled egg and pour thick mayonnaise over.

#### 149. SAVOURY EGG SALAD

New laid eggs,  
Lettuce,  
Mayonnaise (No. 245),  
Tomatoes.

Break each egg into a small buttered cake tin or china ramakin case, and bake them until they are set. Allow to cool.

Wash, dry and shred a lettuce and arrange on a flat dish; turn out the eggs and lay them on the lettuce. Pour thick mayonnaise over and garnish with sections of tomato.

#### 150. STUFFED EGG SALAD

Hard-boiled eggs,  
Anchovy butter (No. 1),  
Tomatoes,  
Lettuce,  
Pepper,  
French dressing (No. 242),  
Parsley.

Remove the shells from the eggs, cut them in two lengthwise and scoop out the yolks. Mix these to a paste with some anchovy butter and season with pepper.

Wash, drain and shred some lettuce and lay it in a shallow bowl.

Fill the hollows in the egg whites with the Anchovy butter mixture and arrange the eggs on the lettuce. Pour French dressing over the lettuce, garnish with thinly sliced tomatoes, and sprinkle the surface with chopped parsley.

### *Cheese Salads*

#### 151. CHEESE SALAD (1)

1 dessertspoonful gelatine,

$\frac{1}{4}$  lb. Cheddar cheese,

$\frac{1}{2}$  pint cream,

Salt and pepper,

Lettuce,

Salad cream (No. 249).

Dissolve the gelatine in a very little boiling water and strain; grate the cheese, whip the cream, and mix both with the dissolved gelatine; season with pepper and salt, and turn into a plain moistened mould to set.

Wash and drain the lettuce and arrange on a salad dish.

Turn out the cheese mould, slice it thinly, and cut into rounds with a small pastry cutter. Arrange these rounds on the lettuce, and pour over some Salad cream.

## 152. CHEESE SALAD (2)

A lettuce,  
Cooked potatoes,  
3 tablespoonfuls grated cheese,  
Salt,  
Pepper,  
1 tablespoonful made mustard,  
Olive oil,  
Vinegar.

Wash the lettuce well and allow it to drain thoroughly. Slice the potatoes thinly.

Mix the mustard, salt, pepper and grated cheese; add the oil gradually until a stiff paste is formed then add slowly a very little vinegar.

Shred the lettuce and lay it on a dish, surround with sliced potatoes and over all pour the cheese mixture.

## 153. CHEESE AND EGG SALAD

Hard-boiled eggs,  
Tomatoes,  
Grated cheese,  
Pepper and salt,  
Butter,  
Milk,  
Lettuce.

Shell the eggs and cut them across in halves. Remove the yolks. Mix a little butter with two tablespoonfuls of grated cheese, add enough milk to moisten, and stir over gentle heat until it becomes creamy. Press the yolks through a sieve and mix with the cheese and butter; season with pepper and salt; allow to cool.

Stuff the sections of egg whites with this mixture and serve on a bed of lettuce leaves, garnished with slices of tomato.

## 154. CHEESE AND ENDIVE SALAD

1 or 2 endives,  
Grated Gruyère cheese,  
Tomatoes.

Pick off the outer leaves of the endive; wash the lighter green and white tufts, shake until dry, separate them and place in a salad bowl.

Cover the surface with a layer of grated cheese and garnish with slices of tomato.

## 155. CHEESE AND LETTUCE SALAD

A lettuce,  
Cream cheese,  
Raisins,  
Walnuts,  
Pepper and salt.

Chop the walnuts and stone the raisins, and mix them to a paste with twice the quantity of cream cheese; season lightly with pepper and salt.

Wash the lettuce well, select perfect fresh leaves and spread them with the prepared cheese paste. Roll up each separately and arrange neatly on a flat dish.

## 156. CHEESE AND PRUNES SALAD

Prunes,  
Salt,  
Walnuts,  
Grated cheese,  
Lettuce,  
French dressing (No. 242).

Soak the prunes in water for twelve hours. Remove the stones.

Mix 4 tablespoonfuls of grated cheese with one



tablespoonful of chopped walnuts, add a little salt, and stuff the prunes with this mixture.

Wash and drain the lettuce, place in a salad bowl, lay the prunes on the top and pour French dressing over.

### *General Remarks*

Eggs and cheese are also served with savoury fruit salads, for which recipes will be found in Chapter IX. There is a great deal of scope for personal taste and originality, and also for dishes that are attractive in appearance. Both adults and children who are prejudiced against ordinary green salads will often enjoy those with more unusual ingredients, especially if they include a favourite fruit and look attractive.

Stuffed hard-boiled eggs in aspic (see Chaudfroid Sauce, page 157), for example, may be served with a green salad or with a savoury fruit salad, according to taste.

Cold poached eggs are very good served on a bed of salad garnished with chopped chervil. Salt the water for poaching the eggs, and add a little white vinegar. When the eggs are cold, trim them, drain well, and coat with mayonnaise.

Those who like something more unusual can try avocado pear with hard-boiled egg, Roquefort cheese and lettuce.

Cheese can be added to almost any of the savoury fruit salads. Cream cheese is a good garnish or accompaniment for most of them, but the choice of cheese can be a matter of individual taste and experiment. Roquefort cheese, which is used in Recipe 223 (page 139), can also be served with orange and apricot, with French dressing.

There is always room for the adaptation of salad recipes to meet personal tastes or to make use of

ingredients that are in good and cheap supply at a particular time: for example, grapes can be added to Peach and Cheese Salad. (Recipe 222, page 139)

## CHAPTER VII

### FRUIT SALADS

#### *General Remarks*

FRUIT salads may be made of combinations of fresh seasonable fruits, preserved fruits and tinned fruits, with syrup. Nuts make an improving addition, whether used merely for garnishing purposes, or as ingredients of a salad. They should be blanched and cut up, except in the case of walnuts, which are frequently used whole as decorations.

Fresh fruit must be sound and in perfect condition. If the variety to be used is soft, it must be wiped clean, but other kinds should be washed first, and thoroughly dried.

It must not be thought that all fruits blend equally well. Some mixtures are not successful; for instance, fresh cherries should be served alone, depending on a liqueur for the flavouring of the syrup. Black and red currants are best apart, but pineapple blends with most other flavours.

If the fruits which are being dealt with have no juice, a little fruit should be boiled for a few minutes in just enough water to cover. The partly cooked fruit may be added to the other ingredients of the salad, and the liquid which results from the cooking must be liberally sweetened, allowed to cool and then poured over the salad.

In the case of tinned fruits, the syrup from them should be boiled for a few minutes before using.

Some salads require a thick syrup. This may be made by boiling half a pound of sugar with half a pint of water, until the sugar dissolves and the solution becomes thick and syrupy. Various flavourings may be added to this, to suit the combinations of fruit which it is intended to accompany. A dash of sherry, kirsch, or maraschino mixed with the syrup imparts just the little addition which makes so much improvement to an otherwise insipid tasting syrup.

To preserve the colour of sliced apples and bananas, during the preparation of the details of a salad, sprinkle them well with finely grated lemon or orange peel.

Large fruit should be halved or quartered, and all stones, pips, peel and pith must be removed.

Some salads must be served very cold. These should be placed on ice for a certain amount of time before serving. An alternative is to scatter crushed ice on the surface, or to serve with small pieces of ice floating among the fruits.

Cream may not be served successfully with all fruits; to avoid the risk of curdling, in doubtful cases, it should be served separately.

## 157. APPLE AND GINGER SALAD

Large eating apples,  
Preserved ginger,  
Red currant jelly,  
Cream.

Peel, core and chop the apples. Chop the ginger as small as possible.

Place the apples in a bowl, sprinkle the ginger over the surface, and pour two tablespoonfuls of warmed red currant jelly over all. Just before serving cover with fresh cream.

## 158. BANANA SALAD

Bananas,  
1 lemon,  
Sugar,  
1 wineglassful claret,  
Almonds.

Peel and slice the bananas and place them in a salad bowl. Sprinkle over a coating of sugar, and pour over the juice of a lemon and the claret.

Allow to stand for an hour, and finally cover with a layer of blanched and finely chopped almonds.

## 159. BANANA AND ORANGE SALAD

4 bananas,  
2 oranges,  
Sugar,  
1 lemon.

Slice the bananas thinly, peel the oranges and cut them across in thin slices, removing all pips and pith.

Place a layer of bananas in a salad bowl, cover with a few slices of orange and sprinkle with sugar; add bananas and oranges until all are used, cover the last layer with sugar, over which the juice of a lemon has been sprinkled.

## 160. CELERY AND APPLE SALAD

Celery,  
Apples,  
Mayonnaise (No. 245).

Chop very finely the white pieces of a head of celery.

Peel and chop an equal quantity of apples and mix them together. Serve in individual plates, with a covering of mayonnaise.

## 161. CHERRY SALAD

Cherries,  
Sugar syrup,  
1 tablespoonful curaao,  
Chopped almonds.

Stone the cherries and put them in a glass bowl. Pour some sugar syrup over them, add the curaao, and sprinkle over some chopped and blanched almonds. Stand in a cool place for as long as possible before serving.

## 162. FRUIT COMPOTE

Equal quantities of various fresh fruits, such  
as strawberries, cherries, raspberries, currants, etc.,  
 $\frac{1}{2}$  lb. castor sugar,  
Cream.

Put the sugar into a saucepan with about a teacupful of water, stir until the sugar dissolves, then boil until it becomes syrupy.

Pick over the fruit and arrange neatly in a large bowl.

Allow the syrup to cool slightly, then pour it over the fruit. Leave until quite cold and serve with whipped cream.

## 163. GRAPE AND PINEAPPLE SALAD

1 tin pineapple slices,  
1 lettuce,  
Grapes,  
Glac  cherries,  
Cream.

Wash and dry the lettuce; arrange the leaves of the heart on a flat dish or shallow bowl, lay the pineapple slices on the leaves, surround each with grapes, which have been cut in halves and the seeds removed. Put a spoonful of whipped cream in the centre of each slice of pineapple, and place three or four glacé cherries on each.

#### 164. GRAPE FRUIT SALAD

Grape fruit,  
Oranges,  
Glacé cherries,  
Bananas.

Cut the grape fruit in two and scoop out the pulp, taking care not to break the skin; remove all pips, chop the pulp, and mix it with the chopped pulp of an orange, a few glacé cherries, cut in two, and some sliced banana.

Stand each half grape fruit shell on an individual plate, fill each with the fruit mixture and garnish the tops with slices of banana, with a little heap of chopped glacé cherries in the centre.

#### 165. GREEN FIG SALAD

6 or 8 green figs,  
 $\frac{1}{2}$  pint raspberry syrup,  
 $\frac{1}{2}$  pint red currant syrup,  
Whipped cream.

Divide the figs into six, and place them in a glass dish. Prepare the syrups, mix them, and when cool, pour over the figs. Allow to stand for at least an hour, then serve garnished with little heaps of whipped cream.



## 166. MACEDOINE OF FRUIT IN JELLY

Grapes,  
1 banana,  
Strawberries,  
Raspberries,  
1 pint packet of lemon jelly,  
Cream.

Coat the inside of a mould with liquid lemon jelly. While waiting for this to set, prepare the fruit. Halve the grapes and remove the pips, slice the banana and select a few strawberries and raspberries.

Arrange the fruit in layers in the mould; dip each piece in the liquid jelly first, then arrange a layer in the bottom of the mould, pour a little jelly over and leave to set. Repeat the layers, using different fruit for each, and waiting until the previous layer is set, before adding another. When the mould is filled, stand in a cool place until the contents have become quite firm.

Serve on a glass dish, and garnish with little heaps of strawberries and stiffly whipped cream.

## 167. MELON SALAD

A melon,  
Sugar,  
1 lemon,  
2 tablespoonfuls sherry,  
Preserved ginger.

Peel a melon, cut it in two, remove the seeds and cut in slices. Arrange them in a glass dish, sprinkle well with castor sugar and the juice of a lemon. Pour over the sherry, and decorate with thinly sliced preserved ginger.

## 168. MELON AND GRAPE SALAD

1 melon,  
White grapes,  
Preserved ginger,  
Sugar.

Peel a melon, cut it in two, remove all the seeds and cut it into dice.

Remove the skin and pips from the grapes, mix with an equal quantity of ginger, cut into dice and add to the melon.

Make a thick syrup of sugar, a little water, and the juice from the melon, with an equal quantity of ginger syrup.

Turn the fruit into a large bowl and pour the syrup over.

## 169. MELON AND RASPBERRY COMPOTE

1 melon,  
Raspberries,  
Kirsch,  
Whipped cream.

Cut the melon in half, remove the seeds, and fill the hollow in each half with a mixture of raspberries flavoured with kirsch. Serve very cold, with iced whipped cream in a separate dish.

## 170. MIXED FRESH FRUIT SALAD

1 orange,  
2 pears,  
Raspberries, or loganberries,  
2 bananas,  
Cherries,  
Castor sugar.

Peel the orange, separate the sections, cut them into small pieces and remove the pips. Slice the pears, cherries and bananas, removing all stones and pips.

Mix all the fruits, place a layer in a bowl, sprinkle with sugar and cover with another layer of fruit; repeat until all is used.

#### 171. MIXED TINNED FRUIT SALAD (1)

- 1 small tin pineapple chunks,
- 1 „ „ apricots,
- 1 lemon,
- 1 orange,
- 2 bananas,
- 1 tablespoonful castor sugar.

Cut the pineapple into thin slices and the apricots into quarters. Boil the juice from both tins with the sugar until a thick syrup is formed.

Remove the peel from the orange, cut it across in thin slices and cut these into quarters, removing all pips and pith; add any juice from the orange to that of the apricot and pineapple; cut the bananas into thin slices and mix with the orange, pineapple and apricots. Turn into a large glass bowl.

Squeeze the juice of one lemon into the thickened syrup, and pour it over the mixed fruits.

#### 172. MIXED TINNED FRUIT SALAD (2)

- 1 tin pineapple,
- 1 „ „ apricots,
- 1 „ „ pears,
- 2 oz. glacé cherries.

Pour together all the syrups from the tins. Slice the pineapple and apricots, and halve the pears.

Arrange the fruit in layers in a salad bowl, pour

half the mixed syrups from the tins over and stir in the glacé cherries.

### 173. MIXED FRUIT AND JELLY SALAD

1 pint packet greengage jelly,  
1   "       "   orange jelly,  
 $\frac{1}{2}$  lb. sugar,  
6 bananas,  
3 oranges.

Prepare the jellies separately, the day before they are required, setting them in plain moulds.

Make a thick syrup by boiling the sugar with a pint of water and allow it to cool.

Slice the bananas, peel, and cut the oranges across as thinly as possible, removing all pips.

Place the sliced bananas and oranges in a glass bowl and pour the syrup over.

Unmould the jellies, cut them into dice and mix with the fruit just before serving.

### 174. MULBERRY SALAD

Mulberries,  
Sugar syrup,  
Ginger syrup,  
1 lemon,  
Kirsch.

Choose ripe mulberries; place them in a bowl and cover with a sugar syrup; add enough ginger syrup to flavour and the juice of a lemon. Just before serving stir in a little kirsch.

## 175. ORANGE SALAD

Large seedless oranges,  
Pineapple,  
Bananas,  
Glacé cherries,  
Sweet almonds,  
1 tablespoonful castor sugar,  
1 desertspoonful flour,  
Salt,  
1 lemon,  
Vinegar,  
1 egg,  
3 tablespoonfuls cream.

Take one orange for each portion required. Divide the peel of each orange into six equal sections, cutting through the peel and turning each section back, from the centre, to resemble the petals of a flower. Cut through the pulp, also, as far as the centre and separate the sections, leaving sufficient room at the centre for a filling.

Chop some pineapple as small as possible, slice one or two bananas, mix them and add a few chopped glacé cherries. Place some of this mixture in the centre of each orange.

Prepare a dressing as follows: Mix the sugar, flour and a pinch of salt; add the juice of a lemon, a few drops of vinegar and a beaten egg, mix well and cook in a double saucepan until it thickens and becomes creamy, stirring all the time. Allow to cool, then add the cream.

Pour this dressing over the fruit in each orange, and garnish with glacé cherries and blanched sweet almonds.

# 176. ORANGE AND BANANA SALAD

Oranges,  
Bananas,  
Chopped nuts,  
Sugar and water,  
Whipped cream.

Peel the oranges and slice them across as thinly as possible. Peel the bananas and slice them thinly.

Serve in a salad bowl or glass dish; place a layer of oranges in the bowl, cover with a layer of chopped nuts, then add a layer of banana slices; repeat until all are used.

Make a syrup by boiling together sugar, water, and any juice which may have come from the oranges; allow to cool, strain it and pour over the salad.

Decorate with little heaps of whipped cream, and serve as cold as possible.

# 177. ORANGE AND COCONUT SALAD

Oranges,  
Desiccated coconut,  
Greengage jelly.

Peel the oranges, slice them across, remove all pips, etc., and place a layer in a glass bowl. Cover with a layer of coconut. Repeat until all is used.

Prepare some greengage jelly, and when set, turn out and break up roughly with a fork. Make a border round the edge of the salad, with the broken jelly.

# 178. ORANGE AND WALNUT SALAD

Oranges,  
Walnuts,  
Ginger syrup,  
Salt,  
Lemon juice.

Peel the oranges and slice them across, removing all pips and pith; cut these slices in four, and arrange them in a bowl in alternate layers with chopped walnuts.

Mix some ginger syrup, a pinch of salt, and the juice of a lemon; pour this over the salad.

#### 179. PEAR SALAD (1)

1 small tin of pears,  
Raisins,  
Dates,  
Nuts,  
Preserved ginger,  
Glacé cherries,  
Sugar.

Remove the pears from their syrup and cut them in quarters; turn them into a salad bowl, add an equal quantity of chopped raisins, nuts, preserved ginger, and dates, with the stones removed.

Boil the syrup from the pears for a few minutes with a little sugar added, allow it to cool, and pour it over the mixed fruits.

Scatter chopped cherries on the surface.

#### 180. PEAR SALAD (2)

Large cooking pears,  
1 lemon,  
 $\frac{1}{4}$  lb. castor sugar,  
1 pint packet of greengage jelly,  
Whipped cream.

Peel and core the pears, cutting them in halves. Boil them in a little water until quite tender. Remove the fruit from the liquid and set aside to cool.

To the pear liquid, add a quarter of a pound of



castor sugar and the juice of a lemon, and boil until a syrup is formed.

Prepare the jelly some time beforehand and allow to set in a plain mould. When quite firm, turn it out and cut into small dice.

Place the pears in a shallow glass dish, pour the thickened syrup round, pile whipped cream on each pear, and garnish with the squares of jelly.

#### 181. PINEAPPLE SALAD

1 pineapple,  
Sugar,  
Kirsch.

Peel the pineapple and cut it across in thin slices; cut the slices in two and arrange in a shallow bowl; cover with sugar, pour over the juice from the fruit, and add enough kirsch to flavour.

#### 182. STUFFED PINEAPPLE SALAD

1 pineapple,  
Raspberries,  
Castor sugar,  
Whipped cream.

Remove the top of the pineapple and scoop out all the fruit from the inside. Cut the pulp into small dice and remove the eyes; mix with an equal quantity of raspberries; sprinkle liberally with castor sugar, cover and stand aside for an hour.

Fill the pineapple shape with this mixture. Whip some cream stiffly with a little sugar, and pile on the top of the fruit filling.

## 183. PINEAPPLE AND GRAPE FRUIT SALAD

1 tin pineapple chunks,  
Castor sugar,  
1 grape fruit,  
Tangerines,  
Grapes,  
Cream.

Chop the chunks of pineapple and place them, with the juice, in a glass dish.

Cut the grape fruit in two, remove the centre with the pips, cut the edge of the fruit away from the skin and pith and turn the fruit and juice into the bowl with the pineapple. Cover thickly with castor sugar, and stand in a cool place for some hours.

Remove the peel and skin from the tangerines, break the fruit into sections and add them to the contents of the bowl.

Garnish with whipped cream and halved grapes, from which the pips have been removed.

## 184. PINEAPPLE AND LOGANBERRY SALAD

1 small tin pineapple chunks,  
2 bananas,  
 $\frac{1}{4}$  lb. loganberries,  
Sugar.

Cut the pineapple chunks into small dice, slice the bananas and mix with the loganberries.

Pour all into a bowl and cover with some of the pineapple juice which has been boiled previously with enough sugar to sweeten, and allowed to cool.

## 185. PRESERVED FRUITS SALAD

$\frac{1}{4}$  lb. glacé cherries,  
 $\frac{1}{4}$  lb. crystalized apricots,  
 $\frac{1}{4}$  lb. dried dessert figs,  
 $\frac{1}{4}$  lb. dates,  
Sugar and water,  
Rum,  
2 oz. almonds,  
1 egg,  
Cream,  
Icing Sugar.

Halve the cherries, cut the apricots and figs into pieces equal in size to the halved cherries. Remove the stones from the dates and cut them up; mix all together.

Make sugar and water syrup, and when cool, pour it over the fruits.

Blanch and chop the almonds, stir these into the fruits, and add a little rum.

Beat the white of one egg to a stiff meringue, add a little icing sugar, and beat again. Whip the cream and add it to the meringue.

Serve equal portions of the fruit mixture in individual custard glasses, cover each with the beaten cream, and garnish with glacé cherries.

## 186. PRUNE AND TANGERINE SALAD

1 lb. large prunes,  
3 tangerines,  
Sugar,  
2 tablespoonfuls claret.

Wash the prunes, then place them in sufficient water to cover and allow them to soak for twelve hours. Stew them in the same water until tender. Remove the prunes, and with the liquid remaining and the addition of sugar, make a syrup.

Remove the peel and pips from the tangerines, separate the sections, and allow them to stand in the prune syrup for an hour.

Before serving, return the prunes to the syrup, mix well with the tangerines and add the claret.

### 187. RHUBARB AND PINEAPPLE SALAD

1 lb. rhubarb,  
 $\frac{1}{4}$  lb. sugar,  
3 bananas,  
2 or 3 slices of pineapple,  
Dates,  
Whipped cream,  
Glacé cherries.

Clean and trim the ends of the rhubarb, cut it into dice and boil with castor sugar, being careful to add no water, either in a double saucepan or in a covered jar standing in a pan of boiling water. Cook until the rhubarb is tender and the sugar has blended with it. Stand on one side to cool.

Slice the bananas thinly, grate the pineapple or chop it very fine; remove stones from a few dates and cut them small and add to the rest.

Serve the salad in individual glasses; place an equal amount of rhubarb purée in each glass, mix the other fruits well and fill each glass with the mixture.

Heap whipped cream over each, and garnish with glacé cherries.

### 188. SUMMER FRUIT SALAD (1)

Red currants,  
Raspberries,  
Strawberries,  
1 small tin pineapple,  
Sugar syrup,  
1 lemon,  
A little liqueur.

Prepare the fresh fruits and mix them in equal quantities; chop the pineapple as small as possible, and add to the rest.

Make a syrup of sugar and water, with the juice of a lemon added; pour this over the fruits, allow to cool, and just before serving, stir in enough liqueur to flavour slightly.

#### 189. SUMMER FRUIT SALAD (2)

Strawberries,  
Cherries,  
Raspberries,  
Currants,  
1 small tin apricots or peaches,  
Sugar.

Remove all stalks from the fresh fruits and stone the cherries. Slice the peaches or apricots. Arrange all the fruit in a bowl.

Make a syrup by boiling the syrup from the tin of fruit with sugar, and, when cool, pour it over the fruit.

#### 190. TANGERINE CREAM SALAD

Tangerines,  
Castor sugar,  
Whipped cream,  
Lettuces.

Cut a hole in the top of each tangerine, and carefully remove the pulp.

Grate the rind of one or two extra oranges, and mix it with some very stiffly whipped cream; add some of the juice from the tangerines, and lightly fold in castor sugar to taste.

Fill each tangerine shell with the flavoured cream, heaping it up a little on the top of each. Keep as

cold as possible until required, and serve on nests of young lettuce leaves, on individual plates.

### 191. TANGERINES AND WALNUT SALAD

Tangerines,  
Walnuts,  
Sugar,  
1 lemon,  
Maraschino.

Skin and chop the walnuts, and peel and slice the tangerines, removing all pips.

Place a layer of tangerine slices in a salad bowl, and cover with a layer of chopped walnuts. Repeat these layers until all are used.

Boil the juice of three or four oranges with enough sugar to make a syrup, add the juice of a lemon and enough Maraschino to flavour.

Pour the syrup over the fruit, and decorate with unchopped walnuts.

### 192. WINTER FRUIT SALAD (1)

Oranges,  
Apples,  
Bananas,  
Prunes,  
Dried figs,  
Sugar,  
Walnuts.

Mix equal quantities of peeled and sliced oranges, apples, and bananas.

Have ready a few soaked and stewed prunes, from which the stones have been removed. Mix these with the other fruit; add two or three sliced dried figs.

Place all in a bowl, cover with a syrup made with sugar, the juice of one orange, and some of the liquid in which the prunes were stewed. Cover with a sprinkling of chopped walnuts.

## 193. WINTER FRUIT SALAD (2)

- 1 small tin pineapple chunks,
- 2 oranges,
- 3 bananas,
- 2 oz. glacé cherries.

Cut the pineapple into dice; peel the oranges, cut them across in thin slices, removing all pips and pith. Slice the bananas thinly.

Mix the fruits and place them in a glass bowl.

Pour the syrup from the pineapple over the salad, and scatter glacé cherries on the surface.

*Further Suggestions*

The avocado pear has become increasingly popular of recent years. It should be peeled and cut in half, and the seed with its thin membrane covering should be removed. It can be served sliced or pulped with a little sugar and cinnamon; or it goes well with grapefruit, pineapple, dates, and lettuce. Incidentally, it is also very good as a savoury salad, stuffed with crab meat.

Apart from using savoury fruit salads, do not be afraid to add a savoury touch to your sweet fruit salads: olives, bananas, orange and French dressing will appeal to some tastes, as will the rubbing of the salad bowl with garlic before the mixing of an orange and lettuce salad. Mint sauce made with orange juice instead of vinegar can be a delicious accompaniment to fruit salad. If raisins or sultanas are to be added to a recipe including tinned fruit, steep them in the syrup for some hours.

Vegetables and fruits must be in perfect condition for successful 'quick freezing', and have to be frozen as soon as they have been gathered. Thus they do not deteriorate before freezing, and the process itself retains the goodness and flavour. Prolonged storage at the correct temperature does no harm, so that there need be no hesitation about buying out-of-season fruits and vegetables that have been kept in a Frozen Food cabinet.



## CHAPTER VIII

### FROZEN FRUIT AND SAVOURY SALADS

#### *General Remarks*

FROZEN salads may be served as the chief course for hot weather luncheons or suppers. They may, also, take the place of dessert, accompanied by cream cheese and coffee.

The process of freezing these salads is similar to that used for preparing ice creams. If a refrigerator is at hand, this may be employed when it is necessary to chill a salad; but for freezing to a firm solid shape, it is advisable to obtain a freezing apparatus—which consists of a wooden pail, holding a smaller separate tin, fitted with an air-tight lid and a handle; the mixture to be frozen is put into this and tightly closed down. This vessel is surrounded with ice, which is packed tightly round it and is kept in place by the sides of the wooden pail. The ice must be broken up small and sprinkled with freezing salt, using  $\frac{1}{4}$  lb. salt to 4 lbs. of ice.

Revolve the inner vessel by means of the handle for a short time, in order that the contents may be chilled through quickly; then allow it to remain buried in the ice until the frozen mixture is required to be served.

The following are a few salads, which consist chiefly of fruit juice, either clear or thickened, with whole, partly cooked fruit floating in it. They should be served in a deep glass bowl, as cold as possible.

## 194. ICED APRICOT SALAD

Fresh apricots,  
Sugar,  
Almond essence,  
Ice.

Set on one side the choicest of the fruit. Boil the remainder of the fruit, until tender, in a little water. Pass this through a sieve and collect all the juice. With this, make a syrup, by boiling it with half a pound of sugar until it thickens, then strain it.

Boil very gently the selected apricots in enough water to cover, until they are tender; take care to keep them from breaking. When done, remove them carefully from the liquid; allow this to cool, then strain it. Mix this with the prepared syrup, add a few drops of almond essence, and pour into a glass bowl. Place the whole apricots in the syrup and serve very cold, with small pieces of ice on the surface.

## 195. ICED FRUIT SALAD

2 lb. assorted fresh fruits,  
 $\frac{1}{2}$  lb. sugar,  
1 glass sherry.

Prepare the fruit and make half a pint of syrup with the sugar and water.

Place the fruit in a bowl, pour the syrup over, and add the sherry. Allow to stand for an hour or two, then pour it into a freezing machine; when nearly set, remove it from the freezer, turn into a mould, surround it with ice, and when it is quite firm, turn it out and serve in a glass dish.

## 196. ICED LEMON AND GINGER SALAD

1 lemon,  
1 pint water,  
1 desertspoonful arrowroot,  
Sugar,  
Ice,  
Crystallized ginger.

Remove the rind from the lemon as thinly as possible; boil the rind, juice of the lemon, and water.

Mix the arrowroot to a smooth paste with a little cold water, and add it to the boiling mixture; stir until it thickens; add sugar and allow to cool. Pour into a glass dish, and on the surface scatter small pieces of ice and cubes of ginger.

## 197. ICED STRAWBERRY SALAD

2 lb. strawberries,  
Castor sugar,  
Almond essence,  
Ice.

Select the most perfect of the fruit and put it on one side. Boil the remainder in a little water until tender, then press it through a fine sieve and collect the juice. Boil this with castor sugar for a few minutes, allow to cool and strain.

Boil the selected strawberries very slowly in enough water to cover, taking care to keep the fruit whole. When tender, remove them and allow the liquid to cool. Mix this with the prepared syrup, flavour with almond essence and pour into a glass bowl.

Place the whole strawberries in this syrup, and serve very cold, with small pieces of ice on the surface.

Cherries, raspberries, currants, etc., may be prepared and served in the same way.

## 198. ICED STRAWBERRY AND APRICOT SALAD

Strawberries,  
Apricots,  
Sugar,  
Cornflour,  
Maraschino,  
Ice.

Mix the fruit in equal quantities and boil until tender in enough water to cover; add sugar. Pass through a fine sieve.

Mix some cornflour with enough water to make a smooth paste, stir with the fruit purée, and heat until it thickens, stirring all the time. Add enough maraschino to flavour, allow to cool, pour into a glass bowl, and on the surface scatter small pieces of ice, and a few whole uncooked strawberries.

## 199. FROZEN APRICOT SALAD

1 tin apricots,  
3 tablespoonfuls orange juice,  
2       "       lemon juice,  
Salt,  
2 eggs,  
2 tablespoonfuls sugar,  
3       "       cream,  
Glacé cherries.

Mix three tablespoonfuls of apricot juice with the orange and lemon juice, add a little salt, and heat in a double saucepan.

Beat the yolks of the eggs, add the sugar and mix with it the heated fruit juice. Return to the saucepan and stir over heat until it thickens and becomes smooth.

Allow to cool, then fold in lightly the stiffly beaten

whites of the eggs and the cream, stiffly whipped. Lastly add the apricots, cut into quarters.

Freeze this mixture until quite firm, then serve cut into slices, and garnish with glacé cherries.

## 200. FROZEN MELANGE

2	tablespoonfuls	orange juice,
2	"	lemon juice,
2	"	grated pineapple,
2	"	chopped glacé cherries,
2	"	pears, cut into dice,
2	"	sugar,
1	tablespoonful	chopped preserved ginger,
1	"	gelatine,

Whipped cream dressing (No. 255).

Put the orange and lemon juice into a saucepan over the fire, and dissolve in it the gelatine, previously softened in a little cold water. Strain it and add to the pineapple, cherries, pears, ginger and sugar. Turn into a plain mould and freeze until quite firm.

When thoroughly frozen, unmould it, cut it into neat oblongs, and serve with whipped cream dressing.

## 201. FROZEN PEAR SALAD

Large pears,  
 Cream cheese,  
 2 tablespoonfuls red currant jelly,  
 1 lemon,  
 Salt,  
 3 tablespoonfuls cream,  
 Lettuce.

Peel and cut the pears in half, and stew until tender, taking care not to break them; stand on ice until required.

Mix the jelly and cream cheese to form a smooth cream, add the juice of half a lemon, salt to taste, and stiffly whipped cream.

Freeze this in a plain mould for about three hours.

When set, place the pears in a shallow bowl, and fill each half with some of the frozen mixture. Garnish with young lettuce leaves.

## 202. FROZEN PINEAPPLE SALAD

4 tablespoonfuls chopped pineapple,  
2 oz. almonds,  
4 tablespoonfuls chopped celery,  
4       "       shredded cabbage,  
2       "       cream,  
3       "       mayonnaise (No. 245),  
Lettuce,  
Tomatoes.

Mix the pineapple, almonds, blanched and chopped, celery and cabbage. Whip the cream and add it to the mayonnaise. Mix this with the other ingredients and freeze in a plain mould for about three hours.

When quite firm, turn out the frozen salad, cut it in slices about half an inch thick, and serve on a bed of young lettuce leaves, surrounded with slices of tomatoes.

## 203. FROZEN RICE SALAD

3 tablespoonfuls rice,  
3       "       mayonnaise (No. 245),  
2       "       preserved ginger,  
2       "       ginger syrup,  
4       "       cream.

Boil the rice in water until tender, drain and allow to cool. Then mix it with mayonnaise, add the ginger finely chopped, and the ginger syrup. Whip stiffly the cream and fold it into the rest.

Freeze until firm, and serve with whipped cream dressing (No. 255).

## 204. FROZEN ROQUEFORT SALAD

$\frac{1}{4}$  lb. Roquefort cheese,  
Vinegar,  
Cream cheese,  
Pepper,  
Shredded cabbage,  
4 tablespoonfuls cream.

Mix the Roquefort cheese to a cream with a little vinegar; add a small cream cheese, and pepper to taste; whip the cream stiffly, mix it with four tablespoonfuls of shredded cabbage and add to the cheese mixture. Freeze this until firm, then cut it in slices and serve with brown bread and butter.

## 205. FROZEN TOMATO SALAD

Tomatoes,  
Pepper and salt,  
Vinegar,  
Lettuce,  
Mayonnaise (No. 245).

Boil some potatoes until tender in a little water; press through a sieve and collect the purée.

Season this well with pepper and salt, add a little water and vinegar, and freeze until firm.

Turn out on to a bed of lettuce leaves, and serve with mayonnaise.



## CHAPTER IX

### FROZEN FOODS

PACKAGES of fresh, frozen vegetables, fruit, meat and fish, available all the year round, are of great help in planning menus, for if used carefully they need not prove unduly expensive. It should be remembered that there is no waste in the package, and choice qualities are chosen for deep freezing. Frozen fruit is no more expensive than tinned fruit, and frozen vegetables are sometimes cheaper than the fresh ones.

Refrigerators of 7 cu. ft. or more are now made with a special locker for frozen foods, in which they can be kept indefinitely provided they have not started to thaw before being put in.

To keep a package from thawing on the way home from the shop—and also to delay thawing if it has to be kept for some hours in an ordinary larder before being used—wrap it tightly in several layers of newspaper. If you have no refrigerator, keep the package, in the newspaper wrapping, in the coolest part of the larder, on, say, a tiled shelf or stone floor.

A package can be kept for several days in the ice-cube compartment of a small refrigerator.

It is best to buy in quantities for immediate consumption so far as possible; but a broken package can be kept in a cool place until next day without appreciable loss of food value. If, however, the package is to be replaced in a refrigerator, it should be tightly re-sealed: say, folded over and sealed with a plastic adhesive tape.

Frozen vegetables should be put into the saucepan of boiling water while still frozen hard. Bring to the boil again, and under-cook rather than over-cook. Do not use more water than necessary, and remember that frozen vegetables often need less than half the time of fresh ones for cooking: note carefully the directions on the package.

If broccoli or asparagus are to be cooked in a small amount of water or steamed, they may be *partially* thawed, so that the stalks can be separated. For this, leave in room temperature for just over 1 hour, or in an ordinary compartment of a refrigerator for about 4 hours.

Frozen peas are delicious if cooked without water: grease the bottom of the pan with a little margarine or butter; line the saucepan with lettuce or cabbage leaves, sprinkle with a little sugar, and cook for a few minutes only (until tender).

Frozen cucumbers should be used before they have completely thawed: usually within 5 hours of removal from the deep-freeze cabinet.

Vegetables now available include: asparagus; beans; broccoli; carrots (whole and diced); cauliflowers; cucumber; green peas; green peas and carrots—a very good partnership; macedoine of vegetables; mint; new potatoes; parsley; spinach; sprouts.

Fruit which is to be cooked need not be thawed. If it is to be eaten fresh, for dessert or in salads, it should be served while still cold: it should be allowed to thaw gradually, which will take about 3 hours at ordinary room temperature; standing it in front of an electric fan will halve the time.

If the package is watertight, turning it upside down while thawing will ensure the uniformity of colour and flavour of the fruit.

Frozen fruits now available include sliced apple, blackberries, currants, cherries, gooseberries, loganberries, raspberries, rhubarb and strawberries.

## CHAPTER X

### SAVOURY FRUIT, AMERICAN AND NUT SALADS

#### 206. AMERICAN TOMATO SALAD

Tomatoes,  
Celery,  
Pineapple,  
Lettuces,  
Mayonnaise (No. 245).

Choose fair-sized, firm tomatoes. Cut a slice from the stalk end of each and scoop out the centres; mix the contents of the tomatoes with some finely chopped celery and chopped or grated pineapple. Fill the tomato shells with the mixture; arrange them on a bed of lettuce leaves and pour thick mayonnaise over each.

#### 207. AMERICAN FRUIT SALAD

Bananas,  
Pears,  
Apples,  
Sweet mayonnaise (No. 258),  
Glacé cherries or cherry jelly.

Peel and cut into dice equal quantities of bananas, pears and apples. Mix well and turn into a salad bowl, or serve in individual glasses.

Pour over some sweet mayonnaise, and decorate with glacé cherries or cubes of cherry jelly.

## 208. SAVOURY APPLE SALAD

Eating apples,  
Chopped nuts,  
Lettuce,  
French dressing (No. 242).

Arrange a few small lettuce leaves on individual plates, lay some thinly sliced apple in the centre of each, sprinkle with chopped nuts and finish with French dressing.

## 209. APPLE AND BANANA SALAD

Lettuce,  
Apples,  
Bananas,  
Lemon,  
Salad cream (No. 249),  
Walnuts.

Peel, core and cut the apples into dice and mix with the bananas, thinly sliced. Pour the juice of a lemon over and stir together.

Lay the fruit on young lettuce leaves, pour salad cream over, and cover the surface with a sprinkling of chopped walnuts.

## 210. APPLE AND CARROT SALAD

Eating apples,  
Young carrots,  
French dressing (No. 242),  
Lettuce,  
Mayonnaise (No. 245).

Peel the apples and cut them into dice. Wash and grate an equal quantity of young carrots and add them to the apples. Stir in a little French dressing and serve on lettuce leaves on individual plates. Mayonnaise may be served separately.

211. APPLE CUPS AND CELERY

Eating apples,  
Celery,  
Walnuts,  
Mayonnaise (No. 245).

Select apples of a bright colour, halve them and make cups by scooping out the cores.

Peel and slice one or two more apples and an equal amount of celery, mix with some skinned and finely chopped walnuts, and just before required, mix with mayonnaise and fill each apple cup with the mixture.

212. SAVOURY BANANA SALAD

3 bananas,  
1 lemon,  
Watercress,  
Mayonnaise (No. 245),  
Parsley.

Wash the watercress well, cut it up rather small and mix it with the bananas, thinly sliced; sprinkle with lemon juice.

Serve in a salad bowl, pour thick mayonnaise over and cover with chopped parsley.

213. DATE AND CELERY SALAD

Dates,  
White celery,  
Fruit dressing (No. 242),  
Lettuce,  
Glacé cherries.

Stone and chop the dates and mix with an equal quantity of finely chopped celery. Add a little fruit dressing and serve on lettuce leaves on individual plates; garnish with one or two glacé cherries.

## 214. SAVOURY GRAPE FRUIT SALAD

Grape fruit,  
Celery,  
Apples,  
Mayonnaise (No. 245),  
Lettuce,  
Chopped nuts.

Cut the grape fruit in two, scoop out the pulp and remove all pips and pith, and chop it rather small. Add some white celery, cut small, and an equal amount of diced apples. Stir mayonnaise with the mixture, return it to the grape fruit skins and serve on lettuce leaves on individual salad plates; sprinkle each with chopped nuts.

215. GRAPE FRUIT AND GREEN PEPPERS  
SALAD

Grape fruit,  
Green peppers,  
Lettuce,  
Mayonnaise (No. 245),  
Whipped cream.

Peel the grape fruit and separate it into small sections.

Lay the pale straight leaves of a young lettuce in a regular row on a long dish.

Arrange the grape fruit sections in regular rows across the lettuce leaves; and, in the opposite direction, lay thin strips of green peppers, across the grape fruit.

Serve with mayonnaise mixed with whipped cream.

216. GRAPE FRUIT AND LETTUCE SALAD

Grape fruit,  
Round cabbage lettuces,  
Glacé cherries,  
Cream cheese,  
Brown bread and butter.

Cut the grape fruit in two and scoop out the pulp; remove all pips and pith.

Wash two or three firm round lettuces, trim off discoloured leaves and cut them in two. Form a hollow in the centre of each portion of lettuce and fill this with grape fruit pulp. Decorate with glacé cherries and serve on individual salad plates, with thin bread and butter and small cream cheeses.

217. ORANGE SALAD

Jaffa oranges,  
Lettuce,  
Glacé cherries,  
French dressing (No. 242).

Peel the oranges and break them up into sections. Lay small lettuce leaves on individual plates, and arrange the orange sections on each, to represent the petals of a flower. Fill the space at the centre of each flower with chopped cherries, and pour French fruit dressing over each.

218. ORANGE CUP SALAD

Large oranges,  
Walnuts,  
Celery,  
Mayonnaise (No. 245),  
Lettuce.



Cut a small slice from the peel of each orange, to enable the pulp to be scooped out.

Chop the pulp, removing all pips, etc., mix with an equal amount of chopped walnuts and diced celery. Moisten this with mayonnaise, and fill each orange shell with the mixture.

Serve each orange on a bed of young lettuce leaves, and garnish with unchopped walnuts.

## 219. ORANGE AND APPLE SALAD

Oranges,  
Apples,  
Round lettuce,  
French dressing (No. 242).

Peel and slice the oranges thinly, removing all pith and pips; peel and slice an equal quantity of apples.

Wash two or three firm round lettuces, trim off discoloured leaves and cut them in two. Form a hollow in the centre of each portion of lettuce, and lay some sliced apple and orange in each. Serve on individual plates and pour some French fruit dressing over.

## 220. ORANGE AND ASPARAGUS TIPS SALAD

Oranges,  
A lettuce,  
Asparagus,  
Glacé cherries,  
French dressing (No. 242).

Serve this salad on individual plates.

Peel and cut the oranges across in slices; remove all pips and pith.

Place a bed of shredded lettuce on each plate, lay a slice of orange on it, surround with a border of asparagus tips, and garnish with a few glacé cherries. Pour over some French dressing.

## 221. PEACH SALAD

Tinned peaches,  
French dressing (No. 242),  
Lettuce leaves,  
Glacé cherries.

Cut the peaches into small sections. Arrange young lettuce leaves on individual plates and lay a little heap of peach on the leaves; pour French dressing over and garnish with glacé cherries.

## 222. PEACH AND CHEESE SALAD

Tinned peaches,  
Round lettuces,  
Cream cheese,  
Mayonnaise (No. 245),  
Glacé cherries.

Lay young lettuce leaves on individual plates, place half a peach on each portion, with the cut side uppermost. Place some cream cheese in each half peach, and pour mayonnaise over. Garnish with glacé cherries.

## 223. PEAR AND CHEESE SALAD

Large pears,  
Roquefort cheese,  
Mayonnaise (No. 245),  
Lettuce,  
Lemon juice.

Peel the pears, halve them and remove the cores, leaving a large hollow in each. Leave to stand for half an hour with a sprinkling of lemon juice in each.

Then drain; fill each hollow with Roquefort cheese, and serve on young lettuce leaves on individual plates.

Pour mayonnaise over each portion of pear.

## 224. PINEAPPLE SALAD

Pineapple chunks,  
Walnuts,  
Celery,  
Lettuce,  
French dressing (No. 242).

Grate the pineapple and mix with chopped walnuts and celery. Serve on lettuce leaves, on individual plates, and pour over French dressing, as described for serving with fruit salads.

## 225. SAVOURY PINEAPPLE SALAD

Tinned pineapple (slices),  
A lettuce,  
Celery,  
Mayonnaise (No. 245).

Serve on individual plates.

Arrange a few small lettuce leaves in each plate, place a slice of pineapple in the centre, with a little heap of chopped celery on top. Pour over each some mayonnaise.

## 226. PINEAPPLE AND CUCUMBER SALAD

Pineapple,  
Cucumber,  
Mayonnaise (No. 245),  
Lettuce.

Cut the pineapple into dice, add an equal amount of diced cucumber and some mayonnaise.

Serve on individual plates, on beds of lettuce leaves.

227. PRESERVED FRUITS AND LETTUCE SALAD

Lettuces,  
Olive oil,  
Lemon juice,  
Glacé cherries,  
Pineapple,  
Crystallized orange peel,  
Salt and pepper.

Wash and dry the lettuces, cut them in two, and stand on ice for as long as possible before serving.

Make a French dressing of olive oil and lemon juice. Add some chopped glacé cherries, chopped pineapple and chopped crystallized orange peel, mix well, season with pepper and salt, and pour this over the frozen lettuces immediately before they are required.

228. PRUNE SALAD

Prunes,  
Celery,  
Apples,  
Walnuts,  
Mayonnaise (No. 245),  
Lettuce.

Soak the prunes in water for twelve hours.

Chop the celery, slice and chop the apples and skin and chop the walnuts; mix all well; remove the stones from the prunes and stuff each with the celery, apple and walnut mixture.

Wash and drain a lettuce, arrange it on a flat dish, lay the prunes on it, and on each pour a little mayonnaise.

## 229. PRUNES AND CHEESE SALAD

Prunes,  
Cream cheese,  
Lettuce,  
French dressing (No. 242).

Prepare the prunes as in the previous recipe. Stuff each with some cream cheese. Serve on small lettuce leaves on individual plates, and pour French dressing over each.

## 230. STRAWBERRY AND ORANGE SALAD

Oranges,  
Strawberries,  
Bananas,  
Orange mayonnaise (No. 257).

Peel and slice three or four oranges, mix with four tablespoonfuls of strawberries, cut in halves, and two thinly sliced bananas. Serve in a bowl with orange mayonnaise over.

## 231. SUMMER SALAD

Cabbage lettuces,  
Cherries,  
Strawberries,  
Chopped nuts,  
Tomatoes,  
French dressing (No. 242).

Cut the heart of each lettuce into two, make a hollow in the centre of each, and place one half on each plate. Fill the hollows with a mixture of stoned cherries, strawberries and sliced tomatoes. Sprinkle with chopped nuts, and pour French dressing over just before serving.

232. WATERCRESS AND ORANGE SALAD

Watercress,  
French dressing (No. 242),  
1 or 2 oranges,  
1 shallot.

Wash the watercress thoroughly, and leave to stand in cold water, to which has been added a little salt, for an hour or two before it is required. When needed, rinse again thoroughly and stand to drain.

Peel the oranges, remove the pith, and cut into neat dice shaped pieces, removing all pips.

Chop the shallot very fine, and mix it with the watercress and some French dressing. Place it in the salad bowl and stir in the sections of oranges.

233. WATER MELON SALAD

1 melon,  
1 Spanish onion,  
Salt and pepper,  
Oil,  
Lemon juice.

Peel and slice the lemon, and place it in a bowl with a few slices of onion and pepper and salt. Cover the bowl and stand it on one side for an hour.

Take out the onion, turn the melon into a salad bowl, and pour over some oil and lemon juice.

*Nut Salads*

234. NUT SALAD

$\frac{1}{2}$  lb. mixed nuts, such as walnuts, brazils,  
almonds,  
Cream,  
1 banana,  
Pineapple,  
Glacé cherries.

Shell, peel and chop the nuts very finely. Mix these with stiffly whipped cream, to form a paste. Heap this in the centre of a glass dish or bowl.

Slice the banana and chop finely a few slices of pineapple. Arrange these around the nut and cream shape, and garnish with glacé cherries. Pour a little cream over the top.

### 235. APPLE AND CHESTNUT SALAD

Apples,  
Chestnuts,  
Celery,  
Mayonnaise (No. 245).

Peel and chop the apples, add an equal quantity of chopped, boiled chestnuts and chopped celery. Mix with stiff mayonnaise and heap in individual dishes.

### 236. APPLE AND WALNUT SALAD

3 or 4 eating apples,  
 $\frac{1}{2}$  lb. walnuts,  
Salt,  
Mayonnaise (No. 245).

Do not prepare this salad until immediately before serving, as the apples will turn a bad colour if peeled for any length of time in advance. Peel, core and cut the apples into dice; shell and skin the walnuts.

Place a layer of nuts in a small salad bowl, sprinkle lightly with salt, cover with a layer of chopped apple and pour mayonnaise over. Repeat these layers until all the material is used, adding finally a few walnuts as garnish.



## 237. BANANA AND WALNUT SALAD

Bananas,  
Walnuts,  
Thick mayonnaise (No. 245),  
Lettuce.

Slice the bananas, pour over a thick mayonnaise sauce and garnish with a thick layer of chopped walnuts. Serve on lettuce leaves.

## 238. NUT AND FRUIT SALAD

Lettuce,  
French dressing (No. 242),  
Chopped nuts,  
Bananas,  
Grapes,  
Oranges.

Peel the oranges and cut them across in thin slices, removing all the pips.

Slice the bananas and cut the grapes in two, removing all pips.

Mix some chopped nuts with the sliced oranges, bananas and grapes.

Wash and drain a lettuce, select the pale green leaves and arrange them round a dish; pile the fruit mixture in the centre and pour a little French dressing over, before serving.

## 239. ORANGE AND NUT SALAD

Oranges,  
French dressing (No. 242),  
Chopped nuts.

Peel the oranges, separate the sections, remove the pips and moisten with French dressing.

Serve on a flat dish and sprinkle the surface with a layer of chopped nuts.

## 240. ORANGE AND WALNUT SALAD

Oranges,  
Lettuces,  
Celery,  
Walnuts,  
Mayonnaise (No. 245),  
Cream.

Wash and drain the lettuce, and arrange the delicate leaves from the heart on individual salad plates.

Peel the oranges, cut them across in thin slices, removing all pips, and lay a few slices on the leaves on each plate. Scatter finely chopped celery and walnuts over each, and just before serving, pour over mayonnaise mixed with a little cream. Garnish with whole walnuts.

## CHAPTER XI

### SALAD DRESSINGS AND SAUCES

#### *General Remarks*

IT is the dressing which finishes a salad, either to make or mar it. No matter how much time and thought have been spent on preparing and combining the ingredients, if the wrong dressing is used, the result will be a failure.

With fresh green vegetables, it is customary to serve French dressing; mayonnaise is the complement of cooked vegetable combinations.

Do not pour a dressing over a prepared green salad until it is about to be served; it is much better to serve a dressing separately, but if it is necessary to add it to the salad itself, then it must be poured over immediately before serving. To allow the ingredients to soak in the dressing for any length of time will cause them to lose their crispness and become discoloured.

The best ingredients only should be employed for the production of a dressing. Pure olive oil is preferable, but substitutes, such as Lucca oil, may be used, if necessary.

As regards vinegars, the best French vinegar should be selected as often as possible. But different flavourings may be obtained by using tarragon or malt vinegar, or lemon juice in place of it. It is usual to substitute lemon juice for vinegar when preparing a dressing to serve with a sweet fruit salad.

As has been said, French dressing and mayonnaise are the general accompaniments of vegetable salads; but more elaborate sauces are frequently served, a few recipes of which are given below.

#### 241. FLORENCE CREAM

1 teaspoonful salt,  
1       ,,       mustard,  
1 tablespoonful sugar,  
1       ,,       olive oil,  
2 eggs,  
 $\frac{1}{2}$  cupful vinegar,  
1 teacupful cream.

Mix the salt, mustard and sugar, stir in the olive oil, then add the eggs and beat until quite smooth.

Continue beating while adding the cream, very slowly. Pour all into a jar and stand in a bowl of boiling water; continue to stir, and, at the same time, pour in the vinegar. Stir over the boiling water until the mixture becomes thick, but do not allow it to boil. Allow to cool, then bottle it until required.

#### 242. FRENCH DRESSING

4 tablespoonfuls olive oil,  
2       ,,       vinegar,  
 $\frac{1}{2}$  teaspoonful salt,  
 $\frac{1}{4}$        ,,       pepper,  
 $\frac{1}{4}$        ,,       mustard.

Mix the pepper, salt and mustard, then stir in the oil slowly. When thoroughly mixed, add the vinegar, a little at a time, stirring until the mixture becomes thick and creamy.

If this is required for storing, the ingredients may be placed in a bottle with a tight-fitting cork. Put in the dry ingredients first, then add the oil, a spoonful at a time, and then the vinegar; cork tightly and shake well to mix the ingredients. Store in a cool place and shake well before using.

For Savoury Fruit and Vegetable salads, the above dressing is frequently used, substituting lemon juice for vinegar, and sugar for mustard.

#### 243. HORSE-RADISH SAUCE

- 1 gill cream,
- 1 horse-radish,
- 1 teaspoonful mustard,
- 1       ,,       sugar,
- 1 egg yolk,
- 1 teaspoonful salt,
- 1 tablespoonful vinegar.

Clean the horse-radish, peel and grate it. Mix the cream, grated horse-radish, mustard mixed with a little vinegar, sugar, egg yolk, the remainder of the vinegar and salt, and beat all well together until thick and creamy.

#### 244. MAITRE D'HÔTEL SAUCE

- 2 oz. butter,
- 1 dessertspoonful chopped parsley,
- Pepper and salt,
- 1 dessertspoonful vinegar or lemon juice.

Melt the butter and stir with it the parsley, pepper, salt and lemon juice.

To serve with fish, egg, or vegetable salads.

## 245. MAYONNAISE DRESSING

2 eggs,  
 Pepper and salt,  
 $\frac{1}{2}$  teaspoonful mustard,  
 Olive oil,  
 Vinegar,  
 1 teaspoonful of brown sugar.

Put the egg yolks in a basin and mix in the pepper, salt, and mustard. Add the olive oil very gradually, stirring it all the time with a wooden spoon; when the mixture has become quite smooth, add half as much vinegar as oil, a little at a time, and the sugar. Before serving, stir in a little cream, or the whites of the eggs, beaten very stiffly.

Keep very cool.

## 246. MAYONNAISE DRESSING (One that will keep.)

2 egg yolks,  
 1 gill milk,  
 $\frac{1}{2}$  gill vinegar,  
 1 gill salad oil,  
 1 dessertspoonful brown sugar,  
 $\frac{1}{2}$  teaspoonful salt,  
 $\frac{1}{4}$  " pepper,  
 1 " mustard mixed with a little  
                   vinegar.

Beat well the two egg yolks, add the milk and stir well; then add alternately the vinegar and salad oil, as little as possible at a time. If added all at once, the vinegar will cause the milk to curdle. Stir in the sugar, pepper, salt, and mixed mustard. Beat all well together, then pour into a double saucepan and stir over the fire, until the mixture thickens. Do not

allow it to boil or it will become lumpy. Remove from the fire, stir again, allow to cool, then bottle and cover closely.

#### 247. POTATO DRESSING

Cold boiled potatoes,  
1 tablespoonful vinegar,  
4 tablespoonfuls salad oil,  
1 teaspoonful mixed mustard,  
1       "       chopped onion,  
Pepper, salt and sugar,  
2 tablespoonfuls cream.

Mash the potatoes until quite smooth. Mix the mustard with a pinch of pepper, salt, and half a teaspoonful of sugar. Take three tablespoonfuls of the mashed potatoes, mix well with the mustard, etc., and the chopped onion. Add the oil and vinegar, a little at a time, and when well mixed, stir in the cream.

#### 248. ROQUEFORT DRESSING

French dressing (No. 242),  
3 tablespoonfuls Roquefort cheese.

Mash the cheese, and mix with enough French dressing to make a cream. Keep it as cool as possible.

#### 249. SALAD CREAM

1 oz. butter,  
2 oz. flour,  
 $\frac{1}{2}$  pint milk,  
1 gill salad oil,  
 $\frac{1}{2}$  pint vinegar,  
1 dessertspoonful brown sugar,  
Salt and pepper,  
 $\frac{1}{2}$  oz. mustard.



Melt the butter in a pan, stir in the flour until it is creamy, then add the milk; bring it slowly to the boil, stirring all the time; boil for two minutes. Then allow it to cool, and when quite cold, stir in, a little at a time, the salad oil and vinegar alternately, until all has been mixed. Lastly, add the sugar, pepper, salt, and mustard, which has been mixed to a cream with a little vinegar.

## 250. SALAD DRESSING

1 teaspoonful of mustard,  
 $\frac{1}{2}$  " " salt,  
1 tablespoonful olive oil,  
1 " vinegar,  
1 teaspoonful sugar.

Mix the salt and mustard to a smooth paste with a little water; add the sugar and stir well with the oil. When well mixed, add the vinegar gradually, stirring all the time. Stand aside until the salad is ready to be served.

## 251. SALAD SAUCE

1 teaspoonful mustard,  
1 " sugar,  
 $\frac{1}{2}$  " salt,  
1 hard-boiled egg yolk,  
Vinegar,  
Milk.

Mix the mustard, sugar, salt, and egg yolk to a powder, add a little vinegar and mix to a paste; add a little more vinegar and beat well; then, very slowly, add milk in the same quantity as vinegar; mix well until a smooth cream is formed.

## 252. SAUCE VINAIGRETTE, OR VINEGAR SAUCE

4 tablespoonfuls olive oil,  
2       "       tarragon vinegar,  
Pepper and salt,  
1 teaspoonful chopped parsley,  
1       "       "       shallot,  
1       "       "       capers.

Stir the parsley, shallot and capers with the olive oil, season with pepper and salt, and add the vinegar, a little at a time. Mix well before serving.

## 253. TOMATO SAUCE

6 small tomatoes,  
2 oz. butter,  
1 bay leaf,  
1 onion, finely chopped,  
1 oz. flour,  
1 cupful of stock,  
Pepper and salt,  
1 dessertspoonful sugar.

Boil gently the tomatoes, onion and bayleaf in half a cupful of water, until the tomatoes are tender—about half an hour.

Pass it through a sieve and reheat it. Mix the flour to a paste with a little stock; add the rest of the stock to the tomato purée and bring to the boil; stir in the mixed flour, butter, pepper, salt and sugar, and cook gently until it thickens. Strain before serving.

## 254. WORCESTER SAUCE

- 1 pint malt vinegar,
- 3 tablespoonfuls Anchovy essence,
- $\frac{1}{2}$  gill Indian Soy,
- 1 lemon,
- 1 teaspoonful cayenne,
- 1 " ground cloves,
- 2 cloves of garlic.

Peel the lemon thinly and squeeze out the juice. Chop the garlic. Put the lemon rind, juice, garlic, and all the other ingredients into a pan, boil, and simmer gently for half an hour. Strain and leave to cool; then pour into bottles and cork closely.

## 255. FROZEN WHIPPED CREAM DRESSING

- 1 cupful cream,
- 1 tablespoonful lemon juice,
- 1 dessertspoonful castor sugar.

Whip the cream very stiffly, fold in lightly the sugar, add the lemon juice slowly, and place on ice until nearly set.

## 256. FRUIT DRESSING

- 2 tablespoonfuls fruit juice (orange, grape fruit, etc.),
- 4 tablespoonfuls olive oil,
- Pepper and salt.

Mix the pepper, salt and olive oil, then add the fruit juice, a little at a time, stirring until the mixture becomes thick and smooth.

To serve with savoury salads with fruit.

## 257. ORANGE MAYONNAISE

2 eggs,  
Salt,  
 $\frac{1}{2}$  teaspoonful of grated orange peel,  
 $\frac{1}{4}$  " " ground ginger,  
4 dessertspoonfuls orange juice,  
Salad oil.

Beat well the yolks of the eggs, add a pinch of salt, the grated orange peel and ginger. Mix well, then add the orange juice, stir and add a little salad oil, drop by drop, until the dressing forms a cream. Stand in a cool place until required.

## 258. SWEET MAYONNAISE (for Fruit Salads)

2 eggs,  
1 lemon,  
1 teaspoonful sugar,  
 $\frac{1}{2}$  cupful fruit juice,  
Cream.

Put the sugar, fruit juice, and juice of half a lemon into a double saucepan, add the well beaten yolks of two eggs; stir over the fire until the mixture thickens. Allow to cool, then stir in some stiffly whipped cream.

## 259. BASIC WHITE SAUCE

1 oz. butter or margarine,  
1 oz. flour,  
 $\frac{1}{2}$  pt. liquid,  
Salt and pepper.

The liquid used will vary according to the proposed use: if this is to be the basis of a cheese sauce, for example, use scalded milk or cream, and add about 2 oz. grated cheese and a little made mustard after the sauce has been cooked, reheating and stirring to melt the cheese; for other purposes, half milk and half a suitable white stock, meat, fish or vegetable liquor can be used, according to the dish with which the sauce will be served.

These ingredients make a thick sauce for coating pieces of meat, etc. For a thinner sauce that will pour easily, use half the fat and flour.

Melt the fat, take the saucepan off the stove and stir in the seasoned flour smoothly and thoroughly. Reheat gently until the mixture bubbles, stirring meanwhile. (This mixture of fat and flour, for thickening sauces, etc., is called a white roux; if cooked long enough to brown, it becomes a brown roux) Take off the stove and stir in the cold liquid very gradually; if using a roux that has been allowed to get cold, heat the liquid. Stir constantly while adding the liquid, and continue to stir while bringing the mixture slowly to the boil and simmering for a good 4 minutes. Use a wooden spoon and make sure that the stirring is thorough, the spoon going right to the bottom of the saucepan; a wire whisk is sometimes used.

Celery purée, anchovy essence, mustard, onion, parsley, chopped cooked mushrooms, etc., are added for various flavoured sauces.

## 260. BÉCHAMEL SAUCE

1 pt. milk,  
2 oz. butter or margarine,  
2 oz. flour,  
Salt, pepper, and a very little nutmeg,  
1 small onion or shallot,

- 1 slice of carrot,
- 1 stick of celery,
- 1 blade of mace and  $\frac{1}{2}$  a bayleaf,
- 6 peppercorns,
- 4 tablespoonfuls cream (optional).

Cut up the vegetables and put these, with the herbs, into the milk. Bring to the boil slowly, remove from the stove and leave in the saucepan, with the lid on, for about  $\frac{1}{4}$  hour, so that the milk becomes well flavoured. Make a white roux with the butter and flour. Strain off the flavoured milk and stir it into the roux, add seasonings, then bring gently to the boil. Boil gently, stirring continually, for 10 minutes, then strain. Heat up again gently, and if cream is to be added remove from the heat before doing this.

## 261. CHAUD-FROID

- 1 pt. Béchamel Sauce,
- $\frac{1}{4}$  pt. aspic jelly,
- $\frac{1}{2}$  oz. gelatine.

Hard-boiled eggs or pieces of cooked meat, fish or poultry coated with a Chaud-froid Sauce and glazed with aspic are very good for serving with salad.

Dissolve the gelatine slowly in the aspic jelly, and stir into the hot or heated sauce. Bring to the boil, boil very gently for a few minutes, then strain or pass through a tammy cloth. If the Béchamel Sauce is being used for a Chaud-froid, add the cream after this straining.

A brown chaud-froid for dark meat can be made with a good brown sauce and tomato sauce instead of the Béchamel. A green sauce is made by adding a few drops of spinach greening or some green vegetable purée to the Béchamel Sauce.

## CHAPTER XII

### SALADS AND SLIMMING

THE fact that life-insurance companies make use of tables of average weights for people in good health indicates that weight has some effect on health. It must be remembered, however, that under-weight can be a far more serious indication of ill health than over-weight, and certainly no drastic attempt should be made to reduce weight without consulting a doctor.

There are, however, times, particularly in middle age, when we are apt to put on superfluous flesh that adds unduly to the body's weight, making for slowness in movement and shortness of breath. This will certainly not be the case if you are within 10 per cent of the average weight for your sex, height, age group and size of frame—small, medium or large. Never attempt to reduce below the average.

If you are considerably over-weight, and feel that 'something must be done about it', consult your doctor, and follow his instructions carefully.

If you merely want to avoid a tendency to put on too much weight *above* the 10 per cent over-average, an increase in the salads in your daily meals may well solve your problem, with some modifications in the amount of fatty, sweet and starchy foods taken. Much obesity is due to over-eating, especially of fatty, sweet and starchy foods; alcoholic drinks also lead to the putting on of weight. Learning to do without such tasty things as pastries and chocolates, and cutting *down* the amount of potatoes and bread (*not* leaving



these out altogether) will offset the 'middle-age spread'. If at first you feel hungry for your sweet snacks, eat more salads: green salads and fruit contain little that is flesh-forming.

The body needs a balanced diet because different food components serve it in different ways. For example, proteins are the body builders, and replace the wear and tear of the body's tissues, which is constantly going on even in sleep. Surplus protein is expelled from the body. Starches and sugars (carbohydrates) and fats give heat and energy: a surplus of these is stored in the body as fat. Mineral matter helps in body-building, in keeping the body in good condition and so protecting it from disease. Water is body-building, and also helps to carry away waste matter: it is essential to life. Vitamins are chemical substances that play a great part in maintaining good tone and protecting the body from disease. A certain bulk of waste matter, or roughage, is necessary, to keep the digestive organs working well and to enable them to expel unwanted and undesirable waste products (i.e. to avoid constipation); green salads provide a good supply of this roughage. Salads contain little fat and carbohydrate, but are rich in minerals and vitamins. Those who are anxious about putting on too much weight can take their salads without dressing, oil or mayonnaise, using instead vinegar || or lemon juice.

Getting rid of superfluous weight means reducing the amount of fats and carbo-hydrates (starches and sugars) in the diet. If you have a tendency to put on too much weight, you can learn to do without pastry, cakes, biscuits, buns, porridge, breakfast cereals, sausages, cocoa, sugar, sweets, chocolate, jam, honey, marmalade, alcohol and fried foods.

Baked, grilled, boiled or steamed lean meat and fish, eggs, cheese, clear soups, potatoes cooked without fat and preferably in their jackets, and any salads

without oil or mayonnaise can be eaten heartily by those who are slimming. If you keep down to three slices of bread and  $\frac{1}{2}$ - $\frac{3}{4}$  pint of milk a day, and eat as much as you like of any of these foods, you will solve your over-weight problem. Tea, coffee and mineral waters are not fattening, but remember that you are taking part of your milk in tea and coffee if you are limiting the amount of milk taken daily.

If protein foods are included, as indicated in pages 14 and 16, salads can provide the foundation of a daily diet that satisfies the body's needs but avoids the putting on of superfluous weight. The appetite is satisfied without the consumption of unduly large quantities of starches, fats and sugars; while the health-giving properties of salads will play their part in keeping the body toned up so that it is ready for healthy exercise, which prevents flabbiness. If you do not get sufficient exercise in the form of games and walks and are not engaged in very heavy physical work all day, the 'daily dozen' of simple exercises is a great help in keeping the figure in good trim—house-work alone does not provide the only kind of exercise the body needs, nor will it necessarily prevent the putting on of superfluous weight.

As has been said, normal weight is essential to good health; but to feel fit and vigorous we certainly need to avoid flabby obesity, and in doing so both a good diet and exercise, which tones up the muscles, play a part. Ten minutes spent in exercises every morning is well worth while. Salads are health-giving, whether or not you wish to keep your weight down; but if you are slimming they provide plenty of variety in the diet, the only adaptation being the omission of fats and sugar in the accompaniments. The salads described in this book will fit into most authorized slimming diets with this one proviso; but tinned and dried fruits should be omitted for a very strict diet. The 'grape sugar' in fresh fruit is not fattening.





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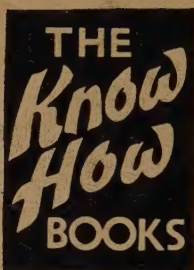
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